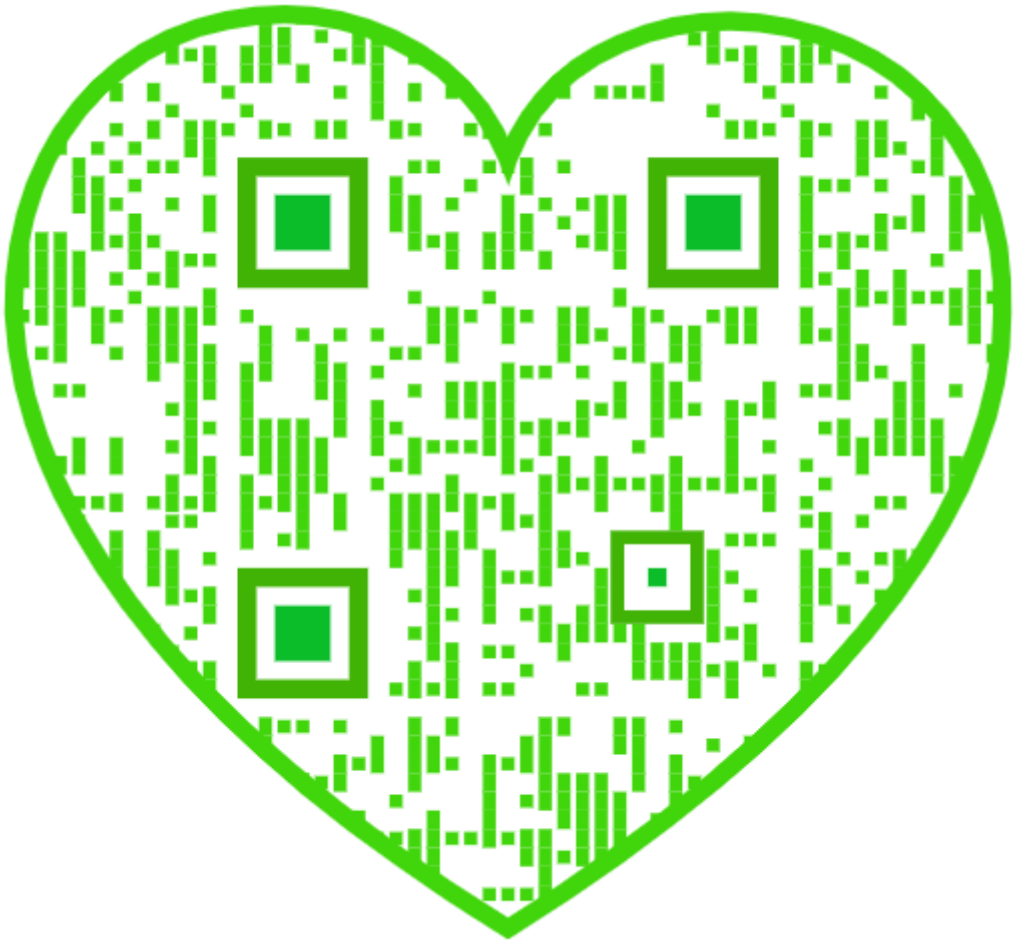

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FORMULAS

AND

DOMESTIC GUIDE.

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COMPILED BY

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PREFACE.

In compiling this work the object has been to take from the latest and most reliable sources, valuable formulas, that have been proven, upon the following subjects: *Medicines*, *Farriery*, *Cookery*, *Toilet*, and *Miscellaneous*, containing in all about *two thousand recipes*, written in plain English with directions fully given, and use explicitly stated. The author being a medical man of long and large experience, confidently hopes, and expects, that in this little book there is supplied a long felt want. There are no drawn out essays upon any subject; each formula is a distinct idea of itself, so that the purchaser gets solid facts, in a crystalized form; and as there are two thousand of them, the cost of each is *one mill*, or ten for *one cent*, which makes this book undoubtedly the cheapest one of the kind ever offered to the people.

As the work is not the authorship of any one person, it is therefore only claimed that it is a careful compilation, and hoping that it may have a kind reception and be of great use in the household, I have the honor to subscribe myself

Respectfully,

ALEX. MCMILLAN, M. D.

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MEDICAL DIVISION.

TONIC.

Dilute sulphuric acid 15 drops.
Syrup of orange peel 1 ounce.
Tincture of cinchona 2 ounces.
Mix—Take a tea-spoonful of the above before each meal. A very good tonic for an adult.

TONIC FOR CHILDREN.

Tincture of cinchona 4 ounces.
Syrup of ginger ½ ounce.
Dilute sulphuric acid 30 drops.
Mix—Tea-spoonful to be given before each meal to induce an appetite and assist digestion.

ANOTHER.

Especially good in cases of great debility with restlessness or low *delirium*.
Quinine 2 grains.
Tincture of opium 5 drops.
Aromatic spirits of ammonia ½ ounce.
Tincture cinchonæ 3 ounces.
Mix—Tea-spoonful before each meal, or three times daily.

ANOTHER.

Citrate of quinine 5 to 10 grains.
Syrup of orange peel 1 ounce.
Simple syrup 1 ounce.
Mix—Half tea-spoonful every four hours.

SWEATING.

An excellent remedy in the profuse sweating of consumptives, or in the colliquative sweating of the malarious fevers.

Oxide of zinc 15 grains.
Extract of gentian 1 dram.
Gum Arabic ¼ ounce.
Mix—and make into 20 pills; take one morning and evening.

HYSTERIA.

For *hysterical women* this tonic will be found of great value.

Infusion of quassia ½ ounce.
Tincture of iron and ammonia of each ½ dram.
Syrup of orange peel 1 dram.
Water 4 ounces.
Mix—Tea-spoonful every 4 hours.

FOR DEBILITY.

Tincture of nux vomica 1 dram.
Dilute nitro-muriatic acid 2 drams.
Tincture of ginger 2 drams.
Simple syrup 4 drams.
Water 4 ounces.
Mix—Teaspoonful every 4 hours in obstinate

debility with tendency to dropsy; for child dose is to be decreased.

DYSPEPSIA.

Dilute nitro-muriatic acid 2 drams.
Sweet spirits of nitre 3 drams.
Syrup simplex 1 ounce.
Water 6 ounces.

Mix—A splendid preparation in dyspepsia with nasty tongue and torpid liver.

THIRST.

To relieve *persistent thirst.*
Dilute nitric acid 2 fluid drams.
Nitrate of potash 1 dram.
Simple syrup 2 ounces.
Aqua (water) 1 pint.

Mix—Take a wine-glassful as often as the case requires until the thirst disappears.

TONIC.

Dilute sulphuric acid 2 fl. drams.
Syrup of orange peel 6 fl. drams.
Water 7 ounces.

Mix—Table-spoonful every 3 hours. A grateful tonic in debility with profuse sweating in hot weather.

HEMORRHAGES.

Syrup of papaverius 4 fl. drams.
Carbonate of magnesia ½ dram.
Sweet spirits of nitre 2 drams.
Tincture hyoscamus 2 drams.
Tincture of camphora 6 fl. ounces.

Mix—Tea-spoonful in water every 3 hours. To tranquilize after injuries, operations, hemorrhages, child-births and great mental excitement.

FOR WHITE SWELLING.

Burgundy-pitch, pulverized, ½ pound.
Resin, pulverized, ½ pound.
White lily roots, pulverized, ½ pound.
Sheeps tallow ½ pound.

Put altogether and mix thoroughly with the aid of heat and apply twice a day.

APERIENTS.

NO. 1.

Aperients—That is for gently relaxing the bowels.

Sulphate of magnesia 2 drams.
Carbonate of magnesia 1 scruple.
Peppermint water 10 drams.

Mix—To be taken at once; this draught will often be retained when all else would be rejected.

ANOTHER—NO. 2.

Pulverized rhubarb 1 ounce.
Sulphate of potassa 1 ounce.
Pulverized ginger 1 dram.

Mix—The dose of the above is from 10 grains to one scruple, according to the age of the patient.

PURGATIVE.

Rhubarb 1 scruple.
Sulphate of potash, 1 scruple.
Compound spirits of lavender 1 dram.
Water 1 ounce.

Mix—This to be taken at once; is an excellent warm purgative; will move the bowels without pain or griping; bowels are left without any tendency to constipation.

NO. 2.

Tartrate of soda and potash 4 drams.
Lemon juice 2 drams.
Syrup of ginger 1 dram.
Water 2 ounces.

Mix—This is a cooling purgative, and will give good satisfaction.

NO. 3.

Oil of turpentine 6 drams.
Oil of castor 6 drams.
Mucilage of gum Arabic 2 drams.
Peppermint water 4 ounces.

Mix—Take at once to move the bowels speedily in robust persons threatened with inflammation.

PILLS—CATHARTICS

NO. 1.

Gum Arabic 1 ounce.
Aloes ½ ounce.
Pulverized colocynth 1 dram.
Gambogia 1 dram.
Jalap 2 drams.
Soap, Castile, 1 dram.
Tartarized antimony 1 scruple.

Mix—Divide into 40 pills; take at bed-time until the desired effect is produced.

NO. 2.

Compound extract colocynth 2 scruples.

Croton oil 5 drops.

Accacia, or gum Arabic 1 ounce.

Mix—Divide into 20 pills; take 3 at a dose every 5 or 6 hours until the bowels are thoroughly moved; good in cases of threatened apoplexy or œdema of the glottis.

NO. 3.

Sulphate of iron 2 drams.

Aloes 2 drams.

Pulverized rhubarb 1 dram.

Mix—And divide into 9 pills; an admirable aperient for debilitated persons; take one every evening.

NO. 4.

Pulverized ipecac 24 grains.

Pulverized rhubarb 4 scruples.

Castile soap ½ scruple.

Mix—Divide into 24 pills; take one every evening; a gentle laxative in piles and other congested conditions of the intestines.

NO. 5.

Extract of dandelion 1 dram.

Extract of licorice 1 dram.

Calomel ½ dram.

Pulverized rhubarb 1 ounce.

Mix—Divide into 60 pills; one of the best pills for dyspeptics with costive bowels; one should be taken every night at bed-time.

NO. 6.

Aloes Barbadoes ½ ounce.
Rhubarb 2 drams.
Extract of dandelion 2 drams.

Mix—Divide into 60 pills; 2 at bed-time to act on the liver, and to prevent bilious fevers and other miasmatic affections.

ALTERATIVES.

ALTERATIVE AND FEBRIFUGE MEDICINES.

Bicarbonate of potash ½ dram.
Tincture of orange peel 2 drams.
Compound decoction of aloes ½ pint.

Mix—A tea-spoonful should be taken every 3 hours in cases of chronic rheumatism. This is one of Sir Astley Cooper's favorite prescriptions with which he got a great reputation in obstinate cases of chronic rheumatism.

NO. 2.

Infusion of rhubarb 10 drops.
Wine of colchicum 20 drops.
Bicarbonate of potash 1 scruple.
Compound tincture of cardamom 1 fluid dram.

Mix—To be at once, and the above to be taken twice daily in chronic rheumatism. A favorite of Doctor Marshall Hall's.

NO. 3.

Sesquicarbonate of ammonia ½ dram.
Bicarbonate of potash ½ dram.
Distilled water ½ pint.

Mix—Table-spoonful every 4 hours for an adult with dyspepsia and turbid urine.

GARGLES.

NO. 1.

Tannin 1 scruple.
Brandy ½ ounce.
Tincture of camphor 6 ounces.

Mix—Use as a gargle a tea-spoonful in a table-spoonful of water every 4 hours in cases of spongy gums and flabby palate.

DRESSINGS FOR OLD SORES AND ULCERS, CANCERS, ETC.

NO. 1.

Sugar of lead 1 dram.
Distilled water 1 pint.

Mix—Apply with camel hair pencil two or three times a day to the surface of an old ulcer or cancer or fever sore. It will take away the bad smell, and cause the healing process to begin.

ANOTHER—NO. 2.

Sulphate of zinc 1 dram.
Distilled water 1 pint.

Mix—Use as a dressing in same cases as above, and in same manner.

ANOTHER—NO. 3.

Hydro-chlorate of ammonia ½ ounce.
Dilute acetic acid ½ ounce.
Best whisky ½ ounce.
Camphor water 10 ounces.

Mix—As a topical application to be used as the above.

ANOTHER—NO. 4.

Pulverized opium ½ dram.
Distilled water ½ pint.
Mix—Use as above.

NO. 5.

Extract of opium.
Borax 1 dram.
Water 6 ounces.
Mix—This is a grand application in cases where the sore is very itchy and irritable.

NO. 6.

Tannin ½ dram.
Good whisky ½ ounce.
Water, soft, ½ pint.
Mix—To be used with camel hair pencil to old and indolent sores. Is one of the very best. The author has found this to be an excellent form of dressing.

EYE WATER.

NO. 1.

Sulphate of zinc 2 grains.
Sulphate of morphine 1 grain.
Rain water 2 ounces.
Mix—One drop in the inflamed eye every 2 or 3 hours.

ANOTHER—NO. 2.

Corrosive sublimate 1 grain.
Rain water ½ pint.

Mix—Use as a wash to the lids of the eye, letting a little into the eye; every 4 hours.

ANOTHER—NO. 3.

Powdered alum 12 grains.

Powdered sulphate of zinc 4 grains.

Mix—And dissolve in 4 ounces of rain water. Apply with a soft rag every 2 hours, letting a little into the eye each time. A favorite of old Dr. Naphey's, of Philadelphia.

LINIMENTS.

NO. 1.

Olive oil 1 ounce.

Spirits of ammonia 3 ounces.

Mix—This is the old-fashioned white or soap liniment; is a good stimulating liniment, and is often used in making other liniments, as follows:

NO. 2.

Tincture of capsicum 1½ ounces.

Soap liniment 1½ ounces.

Mix—Use in pleurisy and inflammation of the lungs to get up a counter irritation.

NO. 3.

Camphor 1 dram.

Alcohol 1 ounce.

Glycerine 1 ounce.

Mix—A capital application for rheumatism and neuralgia, applied to the part with brisk rubbing every 4 hours.

NO. 4.

Calomel 2 drams.
Lard, fresh, 2 drams.
Camphor gum 1 dram.
Whisky 1 ounce.
Spirits of ammonia 3 ounces.

Mix—An excellent application to pains and bruises to take soreness away.

OINTMENTS.

NO. 1.

Mercurial ointment 1 ounce.
Simple cerate (or pure lard) 1 ounce.
Pulverized camphor 1 dram.

Mix—A very healing application to open sores.

ANOTHER—NO. 2.

Pulverized opium ½ scruple.
Acetate of lead 20 grains.
Lard 1 ounce.

Mix—An excellent remedy for piles, etc., applied twice a day with the finger.

ANOTHER—NO. 3.

Prepared chalk 1 ounce.
Olive oil 3 drams.
Lard, fresh, 1 ounce.

Mix—For burns and excoriations where there is much acrid discharge; should be applied every 4 hours, washing off the parts with soft, warm water.

ANOTHER—NO. 4.

Cerate of copper 1 dram.
Resin cerate 1 ounce.
Mix—For flabby ulcers, warts, indolent eruptions, etc.

ANOTHER—NO. 5.

Citrine ointment ½ dram.
Lard, pure, ½ ounce.
Mix—An excellent application for inflamed lids, with inflammation of the eye also.

NO. 6.

BASILICON OINTMENT.

Yellow resin 2½ ounces.
Lard 4 ounces.
Beeswax 1 ounce.
Mix—By melting together in a tin vessel, and stir until it gets cool; is a good ointment for dressing any old sore to induce the healing process; also this to cause suppuration.

NO. 7.

Basilicon ointment 1 ounce.
Cantharides, in fine powder, ¼ ounce.
Spirits of turpentine ¼ ounce.
Mix thoroughly—Dress the wound or sore 3 times a day with the above, and it will cause the wound to discharge a healthy matter in a day or two.

EXPECTORANTS, OR MEDICINES TO LOOSEN COUGHS AND COLDS,.

NO. 1.

Syrup of squills 1 ounce.
Syrup of squills compound 1 ounce.
Camphorated tincture of opium 1½ ounces.
Tincture of assafetida 30 drops.
Syrup simplex (or simple syrup) 2 ounces.

Mix—Take a tea-spoonful of the above every 3 hours for an adult; and for a child ten years old and over ½ tea-spoonful every 3 hours; for a child under ten from 10 to 30 drops. This is an old and favorite prescription of the author for coughs and cold on the lungs, and will be found very reliable. The dose may be increased if the cough does not let up or get loose, given as above.

NO. 2.

Oil of anise ¼ ounce.
Oil of sweet almonds ¼ ounce.
Balsam of fir ¼ ounce.
Laudanum 1 ounce.
Tincture of ipecàc 1 ounce.
Tincture lobelia 1 ounce.
Simple syrup 8 ounces.

Mix—Take a tea-spoonful every 3 or 4 hours; reduce the dose for children.

ANOTHER—NO. 3.

Mucilage of gum Arabic 8 ounces.
Lemon juice 2 ounces.
Rock candy 4 ounces.

Mix—Tea-spoonful every 3 or 4 hours, according to the severity of the case. Excellent where there is much irritation of the bronchial tubes.

ANOTHER—NO. 4.

Simple syrup 1 ounce.
Lemon juice 1 ounce.
Sweet spirits of nitre 1 ounce.

Mix—A tea-spoonful should be taken every 2 hours until the cough is better.

ANOTHER—NO. 5.

Lemon juice 4 ounces.
Honey 2 ounces.
Balsam of fir ½ ounce.
Whisky 2 ounces.

Mix—Tea-spoonful every 3 hours or oftener if the case requires.

NO. 6.

Whisky 1 quart.
Pulverized sugar 2 pounds.
Tincture of lobelia 1 ounce.
Tincture of opium 1½ ounces.

Mix—Take a table-spoonful 3 or 4 times a day. This is especially adapted where there is a tendency to consumption.

ANOTHER—NO. 7.

Best Jamaica rum ½ pint.
Brown sugar 1 pound.
Syrup of ipecac 2 ounces.
Tincture of lobelia ½ ounce.

Mix—Tea-spoonful doses every three or four

hours. This is a favorite with many eminent doctors of my acquaintance.

ANOTHER—NO. 8.

Balsam of copaiba ½ ounce.
Balsam of fir ½ ounce.
Tincture of lobelia 1 ounce.
Syrup of stillingia 2 ounces.
Simple syrup 3 ounces.

Mix—Tea-spoonful every 2, 3 or 4 hours, as the case may require for coughs, colds and whooping cough for a child the dose should be much less—about half.

ANOTHER—NO. 9.

Syrup of sarsaparilla 1 ounce.
Fluid extract of licorice 2 ounces.
Syrup of tolu ½ ounce.
Simple syrup 3 ounces.

Mix—Tea-spoonful every 3 hours; splendid in a tight, harsh cough.

ANOTHER—NO. 10.

Sweet spirits of ammonia ½ ounce.
Hemlock oil 1 ounce.
Organum oil ½ ounce.

Mix—and rub the throat along both sides toward the wind-pipe 4 or 5 times a day.

ANOTHER—NO. 11.

Carbonate of soda 1 dram.
Sal ammoniac 2 drams.
Fluid extract gentian 6 fluid drams.
Fluid extract henbane 2 fluid drams.

Syrup tolu 2 fluid ounces.

Mix—Dessert-spoonful 3 times a day to thin the expectoration.

ANOTHER—NO. 12.

Muriate of ammonia 10 grains.

Powdered seneca 10 grains.

Powdered gum Arabic 12 grains.

Powdered licorice root 12 grains.

Mix—Dissolve one such powder in a cup of hot water, and drink morning and evening, for a cough with soreness of the lungs and hoarseness.

ANOTHER—NO. 13.

Sweet spirits of nitre 1 ounce.

Camphorated tincture of opium ½ ounce.

Camphor water 2 ounces.

Mix—For a child give a tea-spoonful in water every 2 hours; the very best thing for small children I know of.

GARGLES.

NO. 2—FOR SORE THROAT.

Cold sage tea 1 pint.

Powdered alum ½ ounce.

Simple syrup or honey 2 ounces.

Mix—Use as a gargle a table-spoonful every 2 hours.

NO. 3.—FOR PUTRID SORE THROAT.

Common salt 1 ounce.

Lemon juice 2 table-spoonfuls.

Water ½ pint.

Mix—Use a table-spoonful every half hour.

FOR DIPHTHERIA.

Steep 1 ounce bayberry.
Yellow root 2 ounces.
Cayenne pepper 10 grains.
Honey 6 ounces.

Mix—Tea-spoonful every half hour, evacuating the bowels with castor oil, and apply counter irritation to the throat externally.

ANOTHER.

Tannin 20 grains.
Sulphate zinc 5 grains.
Tincture lobelia 1 ounce.
Alum ¼ ounce.
Water 6 ounces.

Mix—Use as a gargle, a table-spoonful every 2 hours, and occasionally swallow a little in order to reach all the parts affected.

ANOTHER.

Table salt 2 drams.
Black pepper 1 dram.
Golden seal 1 dram.
Nitrate of potash 1 dram.
Alum 1 dram.

Mix—And pulverize, and put into a tea-cup, which half fill with boiling water; stir well, and then fill up with good vinegar; use every ½, 1, 2, 3, or 4 hours, as the case requires. The patient may swallow a little each time. Apply 1 ounce of each spirits of turpentine, sweet oil, aqua ammonia, mixed, to the whole of the throat external-

ly as a liniment, and so to the breast bone, every 4 hours, keeping a flannel cloth over the parts. This is one of the very successful prescriptions.

EXPECTORANT ELIXIR.

Syrup of tolu 1 ounce.
Syrup of squills ½ ounce.
Paregoric ½ ounce.
Wine of ipecac ¼ ounce.
Mucilage of gum Arabic 2 ounces.
Mix—Dose, tea-spoonful every 3 or 4 hours.

FOR DIPHTHERIA.

Steep 1 ounce bayberry, yellow root 2 ounces, Cayenne pepper 10 grains, in 1 quart of water for 4 hours; strain and add 8 ounces of honey; give a tea-spoonful every 1, 2, or 3 hours, according to the case. Apply mustard leaves soaked in vinegar to the throat externally, and let the patient breathe the vapor of slacking lime.

TO PREVENT SCARLET FEVER.

Bisulphite of magnesia 5 drams.
Essence of peppermint ½ ounce.
Water ½ pint.
Mix—Tea-spoonful in water 3 times daily.

TO CURE GRAVEL AND SUPPRESSION OF URINE.

Acetate of potassium 10 grains.
Powdered uvi ursi 30 grains.
Mix—Steep in boiling 1 pint for two hours. Take, while warm, table-spoonful every 2 hours.

CURE FOR CHRONIC CATARRH IN THE CHEST.

Spirits of turpentine 2 ounces.
Cider vinegar 1 dram.
Yolk of an egg.
Rose water a wine-glassful.
Oil of lemon 1 tea-spoonful.

Mix—Rub morning and evening over chest before and behind; also along sides of neck.

TONIC TO INCREASE THE APPETITE.

Granulated sulphate of iron 3 grains.
Powdered socotrine aloes 1 grain.
Powdered calumba 5 grains.
Powdered cinnamon 5 grains.

Mix—Dissolve 1 such powder in a wine-glass of water, and take every morning before eating.

RHEUMATISM CURE.

Iodide of potassium 4 scruples.
Huxham's tincture and water 2 fluid ounces.

Take a dessert-spoonful in water 3 times a day after meals.

FOR CATARRH IN THE HEAD.

Salt 3 ounces.
Pulverized sugar 2 table-spoonfuls.
Water 1 pint.

Mix—Throw the head back, and throw a tea-spoonful of the mixture into each nostril from a small vial 3 times a day.

FOR FEVER AND AGUE.

Chloride of sodium (or common salt) 10 ounces.
Slippery-elm water 1 pint.

Mix—Take a tea-spoonful every hour between the attacks.

TO RELAX THE BOWELS.

Rhubarb in powder 2 grains.
Powdered extract of May-apple ¼ grain.
Rochelle salts 2 drams.

Mix—Take one such powder in wine-glassful of water every 6 hours until bowels move.

FOR SUMMER COMPLAINT.

Cayenne pepper ½ ounce.
Tincture of opium ½ ounce.
Tincture rhubarb ½ ounce.
Essence of peppermint ½ ounce.
Spirits of camphor ½ ounce.

Mix well—Dose, 12 to 30 drops in a little water, according to age and violence of symptoms; repeated every 15 or 20 minutes. No one having this by him and taken in time will ever have the cholera.

TO DESTROY AND REMOVE WORMS.

Santonine 3 grains.
Powdered cinnamon 10 grains.

Mix—Give one such powder in the evening, putting the child to bed without supper. Next morning give a dessert-spoonful of castor oil, combined with 5 drops of turpentine.

CURE FOR INFLAMED EYES.

Powdered alum 12 grains.

Powdered sulph. of zinc 4 grains.

Mix—And dissolve in 6 ounces of water. Apply by means of an old, clean cloth every 2 hours, letting a little get into the eyes every time.

TO CAUSE A CHILD TO SLEEP.

Bromide of potassium ½ ounce.

Cinnamon water 2 fluid ounces.

Mix—Dose, give a child 6 years old and up to 10 years ½ tea-spoonful before evening meal; for an adult 2 tea-spoonfuls may be given at supper-time to induce a quiet night's rest.

CURE FOR NEURALGIA AND SICK HEADACHE.

Fluid extract hemlock 1 dram.

Sal ammoniac 3 fluid drams.

Syrup of orange peel 2 ounces.

Water 2 ounces.

Mix—Take a tea-spoonful 3 times a day after meals.

FOR COMMON SICK HEADACHE.

Powdered rhubarb 18 grains.

Powdered capsicum 5 grains.

Carbonate soda 6 grains.

Aloes 10 grains.

Castile soap 10 grains.

Mix—And divide into 12 pills. Take one pill an hour before each meal.

SALVE FOR OLD SORES.

Carbolic acid in crystals 5 grains.
Clean lard ½ Troy ounce.
Oil of geranium 3 drops.
Mix—And use as a dressing once daily.

FOR SCROFULA AND SYPHILIS.

Tincture of yellow dock 1 ounce.
Tincture blue flag 2 ounces.
Iodide potash ½ ounce.
Syrup simple 4 ounces.
Tea-spoonful every 4 hours, before each meal, and at bed-time.

THRUSH OR SORE MOUTH.

Borax ½ ounce.
Lump sugar 1 ounce.
Powdered sage ¾ ounce.
Mix—By the use of mortar and pestle. Take into the mouth what will lay on the point of a case-knife 4 or 5 times a day.

OINTMENT FOR BRONCHOCELE (OR GOITER).

Iod. pot. ½ ounce.
Iodine ¼ ounce.
Sal ammoniac ⅓ ounce.
Lard ½ pound.
Rub all together, and keep in a wood box or a wide-mouth bottle. Apply twice daily rubbing it in well, and have the patient in a warm place close to the stove during the application.

FOR BRONCHITIS.

Tincture blood-root ½ ounce.
Tincture black catosh ½ ounce.
Balsam of tolu ½ ounce.
Wine of ipecac ½ ounce.
Sweet spirits of nitre 1 ounce.
Syrup simplex 2 ounces.

Mix—Take a tea-spoonful every 3 or 4 hours. This is one of the best remedies known. In connection with the above the patient may inhale the following: Laudanum 1 ounce; tincture of lobelia 1 ounce; hot water 1 quart. Will aid expectoration and allay irritation.

CHOLERA AND DIARRHEA.

Spirits of camphor 3 drams.
Laudanum 3 drams.
Oil of turpentine 3 drams.
Oil of peppermint ½ dram.

Mix—Dose, ½ to 1 tea-spoonful every 1, 2 or 3 hours, according to case. This is a celebrated prescription.

ANOTHER—FOR SAME AS ABOVE.

Laudanum 1 ounce.
Tincture camphor ½ ounce.
Tincture of ginger 2 ounces.
Tincture capsicum ¼ ounce.

Mix—One-half tea-spoonful in a wine-glassful of water every 1½ or 2 hours.

MILD CATHARTICS.

Sulphur 1 ounce.
Cream of Tartar 2 ounces.
Pulverized rhubarb 20 grains.

Mix—Dose, ½ to 1 tea-spoonful every evening until the desired effect is procured.

CHOLERA-MORBUS.

Syrup of rhubarb 1 ounce.
Tincture opium camph. 1½ ounces.
Tincture of ginger ½ ounce.
Tincture capsicum ¼ ounce.
Syrup simplex 2 ounces.

Mix—Tea-spoonful every 15 or 20 minutes until symptoms let up; and then a tea-spoonful may be taken every 2 or 3 hours.

COLIC.

Tincture nux vomica 1 dram.
Water 8 ounces.

One-half tea-spoonful every hour for an adult; for a child under 10 years 15 to 20 drops is a dose; repeated every ½ or 1 hour as the case may indicate.

CHRONIC CATARRH.

Iodine 10 grains.
Alcohol 1 dram.
Water 2 ounces.

Put the alcohol and iodine into the bottle, and shake until dissolved; then add the water. Wash out nostrils and throat with warm water, and then inject with a small syringe one-half tea-spoonful

twice daily; will cure as far as the medicine reaches in from 1 to 4 weeks the very worst cases.

CATHARTIC TINCTURE.

Senna 2 ounces.
Jalap 1 ounce.
Fennel seed 1 ounce.
Whisky 1 quart.

Mix—And let stand 12 days; strain and add 1 pound white sugar. Dose, child 2 to 12 years, tea-spoonful every 2 hours until bowels move; for an adult 2 table-spoonfuls every 3 or 4 hours until desired effect is produced.

CHOLERA MORBUS AND PAINFUL DIARRHEA.

Oil of cloves 1 ounce.
Oil of peppermint 1 ounce.
Oil of cajeput 1 ounce.
Alcohol 4 ounces.

Mix—Dose, from 10 drops to 1 tea-spoonful, according to age of patient, and severity of case. This will be found exceedingly reliable and very valuable.

FOR IRRITATION OF THE SKIN.

Neatsfoot oil ½ pound.
Spermaceti 3 ounces.
White wax ½ ounce.
Rose water ½ pint.
Essence of bergamot ¼ ounce.

Melt together, stirring constantly, and be careful not to burn it. Apply once or twice daily.

ANOTHER OF THE KIND.

Clean lard ¾ ounce.
Glycerine ¼ ounce.
Spermaceti 1 dram.
Camphor 1 dram.
Oil of rose 5 drops.

Melt the spermaceti in the lard and the other ingredients. Use, as the case requires, once or twice daily.

FOR COUGHS AND COLDS.

Alcohol 1 ounce.
Oil of anise 1 dram.
Oil of almonds 1 dram.
Balsam of tolu 1 ¼ drams.
Balsam of fir 1 ¼ drams.

Mix—From 10 to 20 drops for a child, and from 30 drops to a tea-spoonful for an adult, in water sweetened with honey.

NO. 2.

Honey 1 ounce fld. measure.
Sweet oil 1 ounce fld. measure.
Lemon juice 1 ounce fld. measure.
Sweet spirits of nitre 1 ounce fld. measure.

Mix—Dose, where the cough is very troublesome, tea-spoonful every 2 or 3 hours.

NO. 3.

Flax-seed meal 1 ounce.
Water 1 quart.

Boil for one-half hour, then strain and add the juice of two lemons and 2 pounds of rock candy.

Dose, a table-spoonful every 2 or 3 hours. If the cough is accompanied by loss of appetite add one-half ounce powdered gum arabic.

FOR CHAPPED HANDS, FEET, OR LIPS.

Sweet oil 3 ounces.
Spermaceti 4 ounces.
Pulverized camphor 1 ounce.

Mix together by gentle heat, constantly stirring, and when all thoroughly melted and mixed, set off and stir until cool. Apply every evening with a little heat.

PILLS FOR COLIC.

Sulph. morphine 2 grains.
Pulverized opium 2 grains.
Pulverized camphor 5 grains.
Capsicum 5 grains.

Mix—Make into 12 pills by the aid of pulverized acacia mucilage *thick*. One will generally give prompt relief.

TAR SYRUP FOR THE LUNGS.

Tar 1 tea-cupful.
Loaf sugar 2 pounds.
Water 1 quart.

Put all into a tin pan, and boil for two hours; then let cool, and pour off the syrup. A table-spoonful taken every 2 hours; or, if the lungs are sore, it may be taken every hour; gradually diminish the dose as the case improves.

WHOOPING-COUGH.

Blood beet, slice thin, and lay in a pan; place a thick layer of brown sugar between each layer of beet until pan is full. Set in oven and cook slowly until the coloring matter is all out of beets; then pour off the syrup. A table-spoonful every 3 or 4 hours, according to the severity of the case; for a very small child a less quantity for a dose, given as above.

NO. 2.

Balsam of fir ½ ounce.
Honey 1 pound.
Butter one-half pound.

Melt the balsam and butter together, then add the honey. Mix them thoroughly. Dose, from one-half to tea-spoonful, given every 3 or 4 hours.

COUGH BALSAM.

Lemon juice one-half pint.
Eggs, 3.

Beat well together, then put into a bottle and add honey and whisky, of each one-half pint, and balsam of fir one-half ounce. A tea-spoonful may be given every 4 hours; in severe cases give every 2 or 3 hours.

COUGH BALSAM.

Jamaica rum one-half pint.
Candied honey, or rock candy, 1 pound.
Fluid extract of licorice 4 ounces.
Syrup of squills 2 ounces.

Slippery-elm water one-half pint.

Mix by shaking well. Dose, a tea-spoonful 3 or 4 times daily; is a grand, good remedy; has a great name in certain places.

COUGH BALSAM.

Whisky 1 quart.

Granulated sugar 2 pounds.

Laudanum 1 ounce.

Tincture lobelia 1 ounce.

Spirits camphor 1 ounce.

Place the sugar and whisky in a jug, and set into a kettle with water in, and boil for 1 hour, shaking occasionally; then add the other ingredients. Dose, tea-spoonful every 3 hours; is a very superior remedy in cases of cough of long standing.

COUGH SYRUP.

Hop tea, made strong, 1 pint.

Brown sugar 1 pound.

Jamaica rum 1 pint.

Mix thoroughly with heat. Dose, 1 to 2 tea-spoonfuls is a dose; every 4 hours, or oftener, as case requires.

NO. 2.

Balsam tolu 1 ounce.

Balsam copaiba 1 dram.

Sweet spts. eth. nit. 1 ounce.

Camph. tr. opii 2 ounces.

Simple syrup 3 ounces.

Mix—Dose, one-half to 1 tea-spoonful every hour.

NO. 3.

Pulverized extract licorice 1 ounce
Syrup of ipecac 1½ ounces.
Tincture lobelia 1 dram.
Camph. tinct. opii 1½ ounces.
Rose water 2 ounces.
Mix—Dose, tea-spoonful every 2 or 3 hours.

NO. 4.

Slippery-elm water one-half pint.
Rock candy 1 pound.
Syrup of comfrey 1 ounce.
Best port wine one-half pint.
Mix—Dose, tea-spoonful every 3 hours. This is an excellent remedy in cough following measles or scarlet fever; also from recent cold, etc.

FOR CROUP.

Perchloride of iron 1 dram.
Simple syrup 1 pint.
For a child under 10 years one-half tea-spoonful every 3 hours; for adult tea-spoonful every 2 or 3 hours as case requires.

NO. 2.

Common salt 2 table-spoonfuls.
Pulv. alum 1 ounce.
Simple syrup 3 ounces.
Mix—Dose, tea-spoonful in 4 table-spoonfuls of water, taken at 4 doses, 5 minutes apart, and this kept up until patient should vomit or get relief.

NO. 3.

Alum pulv. one-half tea-spoonful.

Molasses 4 table-spoonfuls.

Mix—Dose, one-half teaspoonful every half hour until relief is obtained.

NO. 4.

Tartar emetic 10 grains.

Syrup of squills 2 ounces.

Simple syrup 3 ounces.

Mix—One-half tea-spoonful every 5, 10, 15 or 20 minutes until relief is afforded.

NO. 5.

Syrup ipecac 1 ounce.

Tincture lobelia one-half ounce.

Alum water 1 ounce.

Mix—Dose, 20 drops every 15 minutes until relief; if a very severe case increase the dose.

NO. 6.

Oil wintergreen 10 drops.

Oil lobelia 10 drops.

Alcohol 1 ounce.

Mix—Dose from 3 to 10 drops, given every 10 or 15 minutes until paroxysm is relieved.

DEAFNESS.

Sweet oil one-half ounce.

Glycerine one-half ounce.

Mur. tinct. iron ¼ ounce.

Carbolic acid 5 drops.

Mix—Drop 2 or 3 drops of this in the ear two

or three times a day. First syringe the ear out well with warm water and sweet milk, of each one-half.

NO. 2.

Almond oil one-half ounce.

Lard oil 1 ounce.

Sulph. morphine 5 grains.

Mix—And put into the ear 2 or 3 drops twice a day, first cleansing the ear with warm water and a little slippery-elm water or gum arabic water.

NO. 3.

Of course, in all cases of deafness there is more or less need of constitutional treatment, and the following is good:

Tincture of cinchona 2 ounces.

Mur. tinct. iron 1 dram.

Syr. sarsaparilla 1 ounce.

Simple syrup 1½ ounces.

Dose, tea-spoonful before each meal.

NO. 4.

Quinine 30 grains.

Carb. of iron 20 grains.

Pulv. acacia one-half ounce.

Water sufficient quantity to make a mass; make into 30 pills. Take one before each meal.

NO. 5.

Yellow bark pulv. one-half ounce.

Rhubarb pulv. 2 drams.

Nux vomica 5 grains.

Pulv. acacia 1 ounce.

Water sufficient quantity to make 60 pills. Take one before each meal, and one before going to bed.

FOR DIARRHEA.

Gum arabic 1 ounce.
Essence Cinnamon one-half ounce.
Essence peppermint one-half ounce.
Camph. tinct. opii 1 ounce.

Mix by adding to these 4 ounces simple syrup. After all are thoroughly mixed take a tea-spoonful every 3 hours, or oftener, until relief is obtained.

NO. 2.

Syrup of rhubarb aromatic 2 ounces.
Paregoric 1 ounce.
Tincture of capsicum 1 dram.
Tincture of caticu 2 drams.
Water 1½ ounces.

Mix—One-half to 1 teaspoonful every 1, 2 or 3 hours.

NO. 3.

Pulverized opium 30 grains.
Pulverized gum camphor 5 grains.
Gum arabic 40 grains.
Make 20 pills. Take 1 every 2 or 3 hours.

NO. 4.

If there is blood passing the bowels take the castor oil as above. Follow with:

Doveri 12 grains.
Tannin 5 grains.
Sugar of lead 3 grains.
Divide into 6 powders. Take 1 every 3 hours.

NO. 5.

First take a table-spoonful of castor oil with 3 drops of turpentine. After the above has been taken say 4 hours, then take a tea-spoonful of the following every two and one-half hours:

Tincture of caticu 2 drams.
Camph. tinct. opii. 1 ounce.
Syrup of sarsaparilla one-half ounce.
Simple syrup 2 ounces.

DYSENTERY.

Tincture of aconite 5 drops.
Tincture of ipecac 15 drops.
Water 4 ounces.
Dose, tea-spoonful every hour or two.

NO. 2.

Sugar of lead 5 grains.
Dover's powder 24 grains.
Tannin 2 grains.
Gum arabic ¼ ounce.
Mix—Divide into 12 powders; give one every 1, 2, or 3 hours.

TONIC OF AN ALTERATIVE CHARACTER.

Gum myrrh 1 ounce.
Calumba 1 ounce.
Gentian 1 ounce.
Rhubarb 1 ounce.
Peruvian bark 1 ounce.
Alcohol 1 quart.
Mix all together, and let stand for 8 days; then

strain, and add ¼ pound loaf sugar. Dose, tea-spoonful in water before eating or 3 times daily.

NO. 2.

Sesquioxide of iron 2 drams.
Aloes 1 dram.
Rhubarb, pulverized, one-half ounce.

Mix—Make into 40 pills with the aid of mucilage of acacia, one to be taken every evening at bed-time.

NO. 3.

Peruvian bark 1 ounce.
Virginia snake root 1 ounce.
Valerian root 1 ounce.
Quassia 1 ounce.
Cardamom seeds ¾ ounce.
Alcohol 1 quart.

All to be bruised and allowed to stand 8 days, and then strain and add 1 pound rock candy. Dose, tea-spoonful before each meal.

GENERAL TONIC AND APPETIZER.

Aloes 2 drams.
Rhubarb 2 drams.
Capsicum 2 drams.
Virginia snake root one-half ounce.
Valerian root one-half ounce.
Quassia one-half ounce.
Brandy 1 quart.

Mix and let stand 10 days. Dose, 2 tea-spoonfuls before each meal, or 3 times a day.

NO. 2.

Tincture cinchona 2 ounces.
Best whiskey 4 ounces.
Simple syrup 2 ounces.
Mix—Tea-spoonful 4 times daily.

NO. 3.

Gentian tincture 2 ounces.
Calumba tincture 4 ounces.
Tincture cinchona 2 ounces.
Syrup of tolu 1 ounce.
Water one-half pint.
Mix—Dose, a table-spoonful before eating.

NO. 4.

Calumba 2 ounces.
Quassia 2 ounces.
Water 1½ pints.
Alcohol 1½ pints.

Mix and let stand 6 days, shaking every day. Then strain and take a table-spoonful before each meal and before going to bed.

NO. 5.

Seneca snake root 2 ounces.
Prickly-ash bark 3 ounces.
Yellow bark 1 ounce.
Rhubarb, pulverized, one-half ounce.
Best whiskey 1½ pints.

Mix and let stand 10 days. Then strain, and a table-spoonful taken before meals will be found an excellent appetizer, and will be a permanent tonic, purifying the blood and toning up the liver. This

has had a great reputation, and is undoubtedly one of the best prescriptions of the kind in use.

FOR DIARRHEA AND SUMMER COMPLAINT.

Laudanum 1 ouuce.
Spirits of camphor 1 ounce.
Essence peppermint 1 ounce.
Hoffman's anodyne 1 ounce.
Tincture of ginger one-half ounce.
Tincture capsicum 1 dram.

Mix—Dose, tea-spoonful every 1 or 2 hours in a little water. This is one of the very best.

NO. 2.

Dover's powders 15 grains.
Gum arabic pulverized 1 ounce.
Tannin 1 dram.

Mix—Divide into 24 powders, 1 to be taken in a little sugar and water every 1 or 2 hours until symptoms abate.

DROPSY.

Digitalis tincture one-half ounce.
Tincture of Queen of the Meadow 2 ounces.
Aqua pura 4 ounces.

Mix—Dose, tea-spoonful every 4 hours.

NO. 2.

Horse radish root 4 ounces.
Vinegar 1 quart.

Mix and boil down to 1 pint. Strain and add 4 ounces of honey. Dose, tea-spoonful every 2 hours.

NO. 3.

Foxglove 1 dram.
Wild cherry bark 1 ounce.
Juniper berries 1 ounce.
Water 1 quart.

Boil down to 1 pint. Strain and add 1 pint best Holland gin. Tea-spoonful every 4 hours. Is said to be very reliable.

EMETICS.

Lobelia 3 drams.
Blood root one and one-half ounces.
Skunk cabbage one and one-half ounces.
Ipecac 2 drams.
Capsici one-half dram.

Mix—Dose, put 2 tea-spoonfuls into 4 table-spoonfuls of hot water. Stir up well, then, when sufficiently cool, take a tea-spoonful every 5 or 10 minutes.

NO. 2.

Tincture lobelia 2 drams.
Mustard, pulverized, 2 drams.
Wine of ipecac 2 ounces.

Mix—Dose, one-half tea-spoonful every 10 minutes until effect is had.

NO. 3—(POWDER).

Ipecac, pulverized, one-half ounce
Molasses 4 ounces.
Water one-half pint.

Mix—Give a table-spoonful every quarter hour.

NO. 4.

Zinci sulph. one-half ounce.

Mustard 2 ounces.

Water one-half pint.

Mix—Dose, wine-glassful every 5 minutes. This has been highly recommended. I have never used it. Could not recommend it from personal knowledge, but it might be tried in urgent cases where the contents of the stomach should be ejected at once.

ERYSIPELAS.

Mur. tincture ferri 1 dram.

Water 4 ounces.

Mix—Tea-spoonful every 3 hours.

NO. 2.

Quinine 30 grains.

Doveri 15 grains.

Mix—Divide into 15 powders. Give 1 every 3 hours. Poultices of buckwheat flour may be applied externally, or of flax-seed meal. Some recommend a dressing of cotton batting carefully applied to the entire surface affected. Others use slippery-elm poultices; others willow bark poultices. All have their advocates and admirers, and all have been used with benefit at one time and another. The tincture of iodine painted to the parts affected has done well in my hands, together with tonics internally.

NO. 3.

Tincture mur. ferri one-half ounce.

Acid carbolic one-half dram.

Water 2½ ounces.

Mix—Dose tea-spoonful 3 times a day, largely diluted with water.

NO. 4.

Quinine sulph. 20 grains.

Carb. ferri one-half ounce.

Doveri 12 grains.

Mix—Divide into 30 powders, 1 every 2 or 3 hours.

EYE-WATER AND WASH.

Zinc sulph. 5 grains.

Blue vitriol 5 grains.

Fine salt 5 grains.

White sugar 5 grains.

Morphine 5 grains.

Soft water 5 ounces.

Bathe the eye every 3 or 4 hours, letting a little into the eye each time. This is good for weak or inflamed eyes, and will be found good for animals as well as men.

NO. 2.

Ess. peppermint ¼ ounce.

Rain water ¾ ounce.

Mix—Use as other eye-water. This has cured some bad cases of inflamed eyes. If the eye is very irritable add 1 dram laudanum and further reduce with rain water. This should be done with any prescription; make it so that the patient can tolerate it.

NO. 3.

Zinc sulph. 2 grains.
Salt 2 grains.
White sugar 2 grains.
Morphine 2 grains.
White of 1 egg.
Water 1 ounce.

Mix all by rubbing the ingredients well together, then add the water and press all the oil or liquid through a fine linen cloth; and then use as other eye-waters.

NO. 4.

Zinc sulph. 5 grains.
Salt 5 grains.
Morph. 2 grains.
Lard 1 ounce.

Rub together thoroughly, and apply to the lids and between the lids 3 or 4 times a day.

FOR GRANULATED EYES.

Blue vitriol 4 grains.
Borax 1 grain.

Mix thoroughly by means of the mortar and pestle. Then, with a fine camel hair pencil, apply to the granulations 2 or 3 times a day.

NO. 2.

Blue vitriol 3 grains.
Borax 1 grain.
Morph. 1 grain.
Rain water 1 ounce.

Mix—Apply with the finger or drop a drop or two into the eye 3 or 4 times daily.

NO. 3.

Zinc sulph. 3 grains.
Plumbi acetas 3 grains.
Morph. 1 grain.
Water 1 ounce.
Mix—Drop into the eye 3 times daily.

NO. 4.

Zinc sulph. 2 grains.
Morph. 1 grain.
Tinct. hydrastes canadensis 2 drams.
Rain water 1 ounce.
Mix—Put 2 or 3 drops into the eye every 4 hours.

NO. 5.

Plumbi acetas 3 grains.
Morph. sulph. 1 grain.
Tinct. catecu 1 dram.
Common salt 2 drams.
Rain water 2 ounces.
Mix—Two or three drops into the eye every 3 or 4 hours.

EARACHE.

Hen's oil 1 ounce.
Morph. 1 grain.
Mix—Put 4 or 5 drops into the ear twice a day, plugging up the ear each time with cotton.

NO. 2.

Chloroform one-half ounce.
Laudanum one-half ounce.
Mix—Keep well corked and put 3 or 4 drops in

the affected ear 2 or 3 times a day, covering well with cotton.

NO. 3.

Tinct. of arnica 1 dram.

Sweet oil 1 dram.

Morph. sulph. aquae one-half ounce.

Mix—Drop 4 or 5 drops into the ear once daily, keeping covered well with cotton.

SCARLET FEVER.

Tinct. of bell 1 dram.

Water 3 ounces.

Dose, tea-spoonful every 3 or 4 hours to prevent. Wash the patient every evening in weak lye water, using plenty of soap and rubbing dry with coarse towel.

NO. 2.

Tinct. aconite 1 dram.

Simple syrup 4 ounces.

Mix—Give a tea-spoonful every 2, 3 or 4 hours, when it is certain the patient has the fever, using the bathing process as above directed daily. If the throat is very sore take 1 ounce of syrup of squills, 1 ounce slippery-elm water, 3 ounces syrup simplex. Mix and gargle every hour or two.

FELON REMEDIES.

Wet a cloth with the tinct. of lobelia, and bind on, re-wetting the cloth as often as it becomes dry.

NO. 2.

Fly blister one-half ounce.

Apply over the point of pain, and let remain 6 hours; then remove and apply the lance; or take a sharp needle and open down to where the matter is formed, and give a free outlet; then poultice for a few days.

NO. 3.

Steam the part with yellow dock for 1 or 2 hours at a time, repeating as often as pain comes back; is said to have cured felons frequently.

NO. 4.

Common rock salt 1 ounce.

Turpentine 1 ounce.

Mix—Wet a cloth with the mixture as often as it gets dry, and keep bound well on the parts; will, it is said, cure felons in a few days.

NO. 5—RADICAL.

Probably the surest and most reliable cure is to have a competent surgeon, as soon as the pain is definitely located, to put the lancet down to the point of suppuration, and thus relieve at once pressure and pain; follow with some poultice. In a few days, a cure in the great majority of cases is effected without running the risk of losing the bone or of stiffness of the joints, and this is my plan in every case.

FOR FEVER SORES.

Sulph. zinc 1 dram.

Copperas 3 drams.

Gun powder 5 drams.

Soft water, hot, 1 quart.

Mix—Boil for half hour; set away to settle; then wash the sore with it every day once; it is said to have cured many bad cases.

AGUE.

Yellow bark 2 ounces.

Cream of tartar 2 ounces.

Calumba root one-half ounce.

Gentian root one-half ounce.

Orange peel one-half ounce.

Rhubarb root ¼ ounce.

Whisky 2 quarts.

Mix, and let stand 10 days. Dose, a table-spoonful 3 or 4 times daily.

HEADACHE.

Gelseminum tinct. 2 drams.

Ginger tinct. 3 drams.

Water 4 ounces.

Mix—Tea-spoonful every 3 hours.

NO. 2.

Tinct. of senna one-half ounce.

Aromatic syr. rhubarb 4 ounces.

Mix—Dose, a tea-spoonful every 2 hours until the bowels are moved. The dose may be increased or diminished, according to the case, and that should be the practice always in using remedies from a book like this. Intelligent people are expected to use their own judgment in this matter, as the medium dose is always given here.

INFLAMMATORY FEVERS.

Tinct. of aconite one-half dram.

Tinct. veratrum veride 1 dram.

Water 4 ounces.

Mix—Tea-spoonful once an hour until fever subsides, then once in 3 hours.

NO. 2.

Turpentine 2 drams.

Gum arabic 1 ounce.

White sugar 1 ounce.

Peppermint water 2 ounces.

Mix—Dose, tea-spoonful every 3 or 4 hours.

INFLAMMATION OF LIVER.

Chloride of ammonium 2 ounces.

Pulv. and make into 15 grain powders, 1 to be taken every 4 hours. This by many is thought to be a specific for the above complaint.

NO. 2.

Podophylline pulv. 20 grains.

Dandelion 1 dram.

Hydrargicum creta one-half ounce.

Mix—Divide into 40 powders, 1 to be taken every 3 hours.

INFLAMMATION OF THE STOMACH.

Tinct. of baptisia 1 ounce.

Water 4 ounces.

Mix—Dose, tea-spoonful every 4 hours. Warm fomentations over the stomach, together with the mildest king gruel and soup. For several days nothing of a solid character taken.

NO. 2.

Gum arabic 1 ounce.
Opii pulv. 1 dram.
Soda bicarb. ¼ ounce.

Mix—Divide into 30 powders, 1 to be given every 2 hours, dissolved in a little milk or slippery-elm water.

SOOTHING INJECTIONS FOR ALL GENERAL PURPOSES.

Sweet milk 1½ pints.
Molasses 2 ounces.
Lard 2 ounces.
Salt ½ ounce.

Dissolve all and make thoroughly warm. Then introduce in proper amounts and retain as long as possible. Slippery-elm water or mucilage may be used in place of the milk.

CATHARTIC INJECTION.

Milk 1 pint.
Mucilage 1 pint.
Castor oil 4 ounces.
Laudanum 1 dram.

Mix—Use as is necessary to procure a movement of bowels.

NO. 2.

Senna ¼ ounce, steeped in 1½ pints water.
Strain, and then add 1 ounce Epsom salts.
Ess. peppermint 15 drops.
Use as required.

ASTRINGENT INJECTION.

Flax-seed tea 1 pint.
Laudanum 1 dram.
Mix—Use as required.

NO. 2.

White-oak bark 2 ounces.
Poppy-heads 6 ounces.
Steep in quart water for 2 hours. Strain for use.

NO. 3.

Tannin 1 dram.
Laudanum one-half ounce.
Sugar of lead 1 dram.
Mucilage water 1 pint.
Mix—Use as the case may need. Sometimes 4 ounces at a time is sufficient; again it may be necessary to use more. Usually an amount varying from 1 to 3 ounces will be all that is needed at a time. They should be frequently repeated to do good and to get the desired effect, as the first one or two may be ejected at once.

FOR ITCH OR SCABIES.

Pulv. brimstone 2 drams.
Turpentine 2 drams.
Lard 2 ounces.
Mix by melting the turpentine and lard together and stirring in the sulpur in fine powder. Apply night and morning after having washed off the parts well with warm water and castile soap.

NO. 2.

Sulphur 1 ounce.
Carbonate of potash 1 dram.
Lard 2 ounces.
Mix—Anoint the parts well as above.

HIVES.

Sulphur 1 ounce.
Cream of tartar 2 ounces.
Mix—One-half tea-spoonful every 2 hours until bowels move. Bathe the body with saleratus water, and most cases will yield to the above treatment.

PALSY.

Tinct. lobelia 1½ ounces.
Sulphuric ether 2 ounces.
Tinct. cayenne pepper one-half ounce.
Laudanum 1½ ounces.
Chloroform one-half ounce.
Mix—Bathe the parts affected with this liniment thoroughly every 3 or 4 hours, and take internally the following:
Bromide pot. 1 dram.
Acacia water 4 ounces.
Mix—Tea-spoonful every 20 minutes until spasms let up or stop. Then give an active cathartic. Compound cath. pills are as good as anything, giving 3 every 4 hours until bowels respond properly, repeating treatment upon the first signs of a recurrence of the spasms; and it is said that many cures have been wrought in this manner.

RHEUMATISM.

Gum guiac 1 ounce.
Black cohosh-root 1 ounce.
Poke-root 1½ ounces.
Best rye whiskey 1 quart.

Let stand 10 or 12 days, shaking each day, and you then have one of the best remedies for constitutional rheumatism there is. Dose, a tea-spoonful every 3 or 4 hours.

NO. 2.

Colchicum tinct. 2 ounces.
Tinct. of black cohosh 1 ounce.
Simple syrup 2 ounces.
Mix—Tea-spoonful every 4 hours.

NO. 3.

Colchicum-seed 2 ounces.
Black cohosh-root 2 ounces.
Poke-root 2 ounces.
Gum guiac 2 ounces.
Blue flag root 2 ounces.
Prickly-ash bark 2 ounces.
Wintergreen leaves 2 ounces.
Best gin 2 quarts.

Mix and shake every day for 2 weeks, and then it is ready for use. Dose, tea-spoonful every 3 or 4 hours in sweetened water.

NO. 4.

Carbonate of lithia 1 dram.

Divide into 8 powders, 1 to be taken before each meal.

RHEUMATIC, CATHARTIC, AND DIURETIC.

Holland gin 1 quart.

Flour of sulphur 4 ounces.

Tinct. juniper berries 1 ounce.

Ess. wintergreen one-half ounce.

Mix and shake when taken, as the sulphur settles to the bottom of the bottle. The dose is a wine-glassful before each meal until the bowels are acted upon, and then hold on for two or three days, when it can be resumed again. Also, have oil of cedar on hand, and rub the part with that, same as with liniment, 2 or 3 times daily.

PILE OINTMENT.

Flour of sulphur 2 ounces.

Powdered nutgall 1 ounce.

Pulv. opium 1 grain.

Lard sufficient quantity to make salve. Apply night and morning to the parts. There was once a patent on this prescription, and the receipt has sold more than once for $500. It was patented by William W. Baily, of Mansfield, Ohio, and enjoyed a great reputation in all that part of the State as a *sure cure* in *every case.* It undoubtedly is very good.

NO. 2.

Plumbi acetas 1 dram.

Zinci sulph. 20 grains.

Morph. sulph. 5 grains.

Basilicon ointment 1 ounce.

Mix—Apply night and morning.

FOR SALT RHEUM.

Stramonium leaves 4 ounces.
Hops 2 ounces.
Lard 6 ounces.
Dilute alcohol 2 ounces.

Mix, and simmer on a slow fire until the right consistence is obtained. Apply twice daily.

FOR ULCERS AND SKIN DISEASES.

Sweet oil 2½ pints.
Turpentine one-half pound.
Beeswax ¼ pound.
Butter ¼ pound.
Red lead 1 pound.
Honey ¾ pound.
Pulv. camphor one-half pound.

Melt the beeswax, olive oil, and butter and turpentine together, and strain; then heat to nearly the boiling point, and gradually add the red lead, stirring constantly until it becomes black or brown; then remove from the fire, and, as it cools, add the honey and camphor previously mixed. Anoint the parts affected or spread upon a soft cloth and bind on the parts.

ELDER FLOWER OINTMENT.

Elder flowers 3 ounces.
Pure lard oil 4 ounces.

Simmer upon slow fire until to the consistence of an ointment; then box or bottle for use. This is invaluable for burns and *scalds*. Should be applied twice daily.

FEVER SORE OINTMENT.

Ext. tobacco 1 dram.
Alcohol 1 ounce.
Beeswax one-half ounce.
Lard 4½ ounces.

Dissolve the extract in the alcohol, having the beeswax and lard together; then put the ext. in and continue the heat constantly until the alcohol is evaporated. Apply twice daily. Is a grand, good one for sores of long standing.

FOR CHAPS AND CHAFINGS.

Spermaceti 3 drams.
White wax 1 dram.
Olive oil 1½ ounces.

Melt over a gentle fire and stir until cool. Apply to any case of above It will not keep long; hence make in small amounts.

FOR DRIVING AWAY SWELLINGS.

Bark of the root of bitter sweet 2 ounces.
Stramonium leaves 2 ounces.
Cicuta 2 ounces.
Belladonna 2 ounces.
Yellow dock root 2 ounces.
Poke-root 2 ounces.
Venice turpentine 2 ounces.
Alcohol 1 pint.
Water 1 pint.
Lard 1 pound.

Bruise all the roots and put into suitable kettle for stewing. Then put on the alcohol and suffi-

cient water to cover all, and keep warm or moderately hot 12 hours. Then add the lard and increase the heat until all the leaves are crisped. Then strain and add the turpentine, and keep it well stirred until cool. Apply 2 or 3 times a day with a hot flat-iron, and keep the part bandaged.

FOR NEURALGIA.

White of egg 1 dram.
Rhigoline 4 ounces.
Oil of peppermint 2 ounces.
Collodion 1 ounce.
Chloroform 1 ounce.

Mix—Shake occasionally, and in 24 hours is ready for use. Anoint the parts affected 3 times daily.

ASTHMA.

Fld. ext. lobelia 2 ounces.
Iodide of potash 3 drams.
Tinct. of capsicum 2 drams.

Mix—Tea-spoonful every 4 hours. This is a good one.

NO. 2.

Lobelia seed one-half ounce.
Skunk cabbage balls one-half ounce.
Cranberry bark 1 ounce.
Stramonium seed ¼ ounce.
Capsicum ¼ ounce.
Alcohol 1 quart.

Mix, and in two weeks is ready for use. It should be shaken daily. Tea-spoonful 3 or 4 times daily to cure, and every 20 or 30 minutes for relief

NO. 3.

Prussiate of potash 1 ounce.
Water 2 ounces.
Simple syrup 6 ounces.
Sul. ether 1 dram.

Mix—Dose, tea-spoonful 5 times daily will completely cure *even* the worst cases almost to a certainty. *Try it*

NO. 4.

Prussiate of pot. 1 ounce.
Ext. hyoscyamus 1 dram.
Water 2 ounces.
Syr. simple 3 ounces.
Mix—Dose, tea-spoonful 5 times ℞ day.

NOSE BLEEDING.

Tannic acid 2 drams.
Sulphate of zinc 10 grains.

Mix by the use of the mortar and pestle, and a very fine powder is obtained, which may be snuffed up the nose, and is good.

NO. 2.

Copperas 1 ounce.
Alum one-half ounce.

Mix, and when reduced to a fine powder then heat to a red heat, and the red mixture is formed; then pulverize again, and then it can be used as a snuff in nose-bleeding, or made into an ointment with the addition of a little lard, and used in bleeding piles or any other case where it can be applied to stop blood.

NO. 3.

Tannic acid 2 drams.

Arom. sulph. acid 1 dram.

Alcohol 2 drams.

Water 2 ounces.

Mix—Use with syringe for nose-bleeding; for bleeding from lungs or stomach a tea-spoonful may be taken internally every half hour until relief is obtained.

NO. 4.

Tannic acid 2 drams.

Use by snuffing up the nose; will be found a quick and reliable remedy.

FOR CORNS.

Pulv. potash 2 ounces.

Pulv. salt of lemon 1 ounce.

Mix—Bind on about 15 grains of the powder on the corn for 4 or 5 nights. Will effect a cure.

NO. 2.

Sheep sorrel juice 4 ounces, simmered down to a thick salve.

Add potash pulv. 1 dram.

Bind a little on the corn for 2 or 3 nights, until it turns black. Then leave to drop out itself. It will make a sore to pull it out.

FOR BURNS.

Sweet oil one-half pint.

Laudanum one-half ounce.

Beeswax one-half ounce.

Mix by the aid of gentle heat and dress daily.

NO. 2.

Lime water 2 ounces.
Linseed oil 2 ounces.
Mix—Spread all over the parts burned. Then cover with cotton batting, and then wet that with same. Re-dress daily.

NO. 3.

Laudanum one-half dram.
Oil savin 2 ounces.
Oil turpentine 1 ounce.
Lard 6 ounces.
Mix and dress the burned surface once a day.

NO. 4.

Glycerine 2 ounces.
Pulv. opium 1 dram.
Sweet oil 4 ounces.
Mix—Dress the burn with it once a day.

BRONCHOCELE.

Fld. ext. sarsaparilla 4 ounces.
Fld. ext. gentian 4 ounces.
Iodide of potash one-half ounce.
Iodide of ammonia one-half ounce.
Mix—Tea-spoonful after each meal.

OINTMENT FOR BRONCHOCELE.

Iodide of potash ¼ ounce.
Iodine ¼ ounce.
Sal ammoniac ¼ ounce.
Lard one-half pound.
Mix—Rub on with some *friction* twice daily.

FOR BRONCHITIS.

Tinct. of blood root one-half ounce.
Tinct. of black cohosh one-half ounce.
Bals. tolu one-half ounce.
Wine of ipecac one-half ounce.
Sweet spirits of nitre 1 ounce.

Mix—Tea-spoonful in a little water from 3 to 5 times a day.

BARR'S LINIMENT.

Bar soap 2 ounces.
Oil turpentine 3 ounces.
Camph. gum 4 ounces.
Alcohol one-half gallon.
Chloroform 4 ounces.

Mix by means of gentle heat, and while hot or quite warm bottle for use. The best way to apply is to coat the part affected with the liniment and cover at once with oil silk or paper. It is good in all painful swellings and in rheumatism and croup.

NEURALGIA LINIMENT.

Alcohol one-half ounce.
Turpentine one-half ounce.
Sulphuric ether one-half ounce.
Chloroform one-half ounce.
Laudanum one-half ounce.
Gum camphor ¾ ounce.
Oil of cloves ¼ ounce.
Oil of lavender ¼ ounce.

Mix—This is one of those remedies for the

painful affections of neuralgia and rheumatism that is almost a specific. It is a little expensive or it would be more generally used. But it will pay any family to get it and keep it on hand. It should be applied 2 to 4 times a day, with heat, being careful not to blister the parts.

DR. BLACK'S LINIMENT.

Gum camph. ¼ ounce.
Alcohol 2 ounces.
Linseed oil 3 ounces.
Spts. turpentine 4 ounces.
Aqua ammon. 5 ounces.
Tinct. capsicum 3 ounces.
Oil organum 2 ounces.

M*ix*—This has been used for general purposes for many years with great success.

LINIMENTUM SAPONIS.

Bar soap 2 ounces.
Gum camph. 1 ounce.
Oil rosemary one-half ounce.
Oil organum 3 drams.
Aqua ammon. 1 ounce.
Alcohol 1 ¼ pints.

Mix by means of gentle heat, and put into large mouth bottles. This makes a semi-solid compound, and is applicable to all cases where a liniment is indicated, and will be found to be very valuable. Should be used 3 or 4 times daily by means of heat.

HARTSHORN LINIMENT.

Olive oil 2 ounces.
Aqua ammon. 1 ounce.
Spts. turpentine 1 ¼ ounces.
Spts. camphor ¾ ounce.

Mix—To be applied by means of heat in cases of rheumatism or stiffness and soreness of any part of a muscular character.

BARTLETT'S LINIMENT.

Alcohol 1 quart.
Gum camph. 6 ounces.
Oil organum 1 ounce.
Oil spike 1 ounce.
British oil ¾ ounce.

Mix—Keep in a warm place until all is thoroughly mixed; for bruises, strains, rheumatism in man or beast, and also good for croup in children. To be applied 3 or 4 times a day. Dr. Bartlett, of Ohio, used this for years with wonderful results. The receipt has been often sold for $5.

BABBITT'S LINIMENT.

Lard oil 5 ounces.
Oil of spike 4 ounces.
Oil of vitriol 2 ¼ ounces.

Mix by putting the two first together and add the oil of vitriol a little at a time. This will be found good in poll evil and that kind of thing. Take a bit of cotton, wet with the liniment, and press it down to the bottom of the pipe. An application

twice a day will be sufficient. Also good in fistula in anus. Applied in same manner as above, it is a true cure in these cases. This liniment was brought to this country by the German farrier named Nackey, and bought of him by Mr. Babbitt for $20, and has been used in many cases very successfully.

LINIMENT HYDRARGI.

Mercurial ointment 1 ounce.

Solution of ammon. 1 ounce.

Camphor liniment 1 ounce.

Liquefy the mercurial ointment and camphor liniment with gentle heat. Then add the ammonia with agitation. This is good to discuss enlarged glands and swellings generally.

OPIUM LINIMENT.

Tincture of opium 2 ounces.

Soap liniment 2 ounces.

Mix—This is an excellent application to any painful part. To be applied every 3 hours.

GERMAN MAGNETIC LINIMENT.

Lard oil 4 ounces.

Aqua ammon. 4 ounces.

Spts. turpentine 4 ounces.

Aqua, pure, 4 ounces.

Mix—This will be found to excel as an application for rheumatism, bruises, lameness in man or beast, neuralgia, sprains, or any kind of painful stiffness. To be applied every 2 or 3 hours. Rub in well, and heat applied. This liniment, when

properly made, is a creamy white mixture, and was once sold for $25.00. It is one of the very best, and a bottle full should always be kept on hand.

LINIMENT FOR BURNS AND SCALDS.

Water of lime 2 ounces.

Sweet oil 2 ounces.

Mix—This is an excellent application for burns and scalds of recent date. Should be applied with cotton batting.

CAMPHOR LINIMENT.

Gum camph. 1 ounce.

Sweet oil 3 ounces.

Mix—Good in sprains and bruises. Apply 3 or 4 times daily.

CHLOROFORM LINIMENT.

Chloroform 3 ounces.

Olive oil 4 ounces.

Mix—An excellent remedy in any painful affection, applied every 4 hours. Keep the parts well bandaged.

CROTON LINIMENT.

Croton oil 1 ounce.

Oil cajeput 3 ounces.

Alcohol 3 ounces.

Mix—This is a pustulating liniment, good when a counter-irritation is desired. Should be applied about every 2 hours until pustules begin to appear. It will usually take effect in 5 or 6 hours, and the liniment should not be applied after the first effect

is noticed. Care should be taken not to rub the eyes before washing the hands, as it will irritate wherever it touches.

TO ESCAPE BAD DREAMS

Carbonate of ammon. 6 grains.
Compound tinct. cardamonds 3 drams.
Water 2 ounces.
Mix—Take at bed-time at 1 draught.

TO PREVENT SCARLET FEVER.

Bisulphite of magnesia 5 drams.
Ess. peppermint one-half ounce.
Water 4 ounces.
Mix—Table-spoonful in water 3 times a day.

TO PREVENT TYPHOID FEVER.

Rosemary 4 ounces.
Sage 4 ounces.
Lavender 2 ounces.
Bur 2 ounces.
Camphor 1 ounce.
Garlic 1 ounce.
Wine vinegar 1 gallon.
Mix—Wine-glassful before each meal.

TO PREVENT CHILLS AND FEVER.

Gentian-root 1 ounce.
Wild-cherry bark one-half ounce.
Peruvian bark 1 ounce.
Boiling water 1 quart.
Simmer 15 minutes and strain. Dose, a wine-glassful before each meal.

PREVENT CHILLS AND FEVER.

Sherry wine 1 quart.
Peruvian bark 2 ounces.
Ginger ¼ ounce.
Mix—Dose, a table-spoonful before each meal.

TO PREVENT CHOLERA.

Tinct. valerian 2 drams.
Wine of ipecac 1 dram.
Laudanum 20 drops.
Oil of peppermint 5 drops.
Mix—Give 25 drops every hour or two.

NO. 2.

Powdered opium 10 grains.
Black pepper 20 grains.
Assafetida 30 grains.
Mix—Make into 10 pills; one each day.

DIET DRINKS FOR SICK CHILDREN.

Take 2 ounces of pearl barley and boil it for 15 minutes in one-half pint of water; throw away the water and add 2 quarts of boiling water, and boil down to 1 quart. Give when needed, say once in 2 or 3 hours 2 table-spoonfuls.

OAT-MEAL GRUEL.

Oat-meal 2 ounces.
Water, cold, 2 ounces.

Mix and allow to stand a few minutes until the meal swells. Then add 1 pint boiling water and keep hot at the boiling point, adding hot water enough to make up for the evaporation, stirring

occasionally. Then sweeten and add a few stoned raisins and a little nutmeg.

TOAST WATER.

Take toast as brown as can be without burning, and pour cold water over it and sweeten, and give as often as desired.

RICE WATER.

Rice 2 ounces.

Water 1 quart.

Mix and boil 1½ hours. Then sweeten and flavor to suit the taste.

ARROW-ROOT POP.

Arrow-root 2 ounces.

Mix with warm water to make a paste, and then 1 pint boiling water. Boil 5 minutes.

ARROW-ROOT POP WITH MILK.

Arrow-root 1 ounce.

Mix to a paste with a little cold milk. Then add a pint of boiling milk and keep on the stove 5 minutes. Then cool and flavor to suit the patient.

POP OF UNBOLTED FLOUR.

Take a table-spoonful of unbolted flour and mix it with sufficient cold water to make it the thickness of cream. Stir into this a pint of boiling water and simmer until it becomes clear; add a little salt; after stirring and beating it well remove from the fire; then mix with 4 table-spoonfuls of cream and sweeten with white sugar.

POP OF BOILED FLOUR.

Take a tea-cupful of flour, tie it up tightly in a cloth, and boil it 6 hours; cut off and throw away the outer, doughey, soft portion of the ball; grate the hard portion and mix with milk to the thickness of thin starch; then stir it into boiling milk, and sweeten with white sugar.

TAPIOCA.

Place a tea-spoonful in a tea-cupful of cold water and let stand over night. Then add a pint of water or milk and a little salt. Place on the stove to simmer for half an hour or so. Then flavor and sweeten to suit.

SAGO.

Sago 2 ounces.

Boil in 1 pint of water 2 hours; take care that all the grains dissolve; add boiling water from time to time to make up for evaporation; then strain and flavor.

PANADA.

Stale bread, one-half inch thick, free from crust; toast to a nice brown. Two slices of this toasted bread cut into small squares, are to be placed in a bowl and a little salt sprinkled on them; then a pint of boiling water to be poured on them, and a little nutmeg added.

GELATINE FOOD.

Take a piece of gelatine 2 inches square and soak it in cold water for 1 hour. Then boil it in

one-half pint of water until it dissolves, which will be in 10 or 15 minutes. Have at hand a tea-spoonful of arrowroot mixed into a paste with a little water, and add it to the boiling water before removing from the fire, with a half tumblerful of milk, stirring the whole constantly. Then add 2 table-spoonfuls of cream. Sweeten with a small quantity of white sugar, and at once take from the fire, as it will burn if left over the fire with the sugar in.

DR. MEREI'S FOOD FOR CHILDREN.

Take a tea-spoonful of arrowroot and boil it in ¾ pint water. Add ¼ pint boiling milk and add 2 table-spoonfuls of cream.

ANOTHER PREPARATION OF ARROW-ROOT.

Place a tea-spoonful of arrowroot in a porcelain vessel, with as much cold water as will make it a fine dough. Then a cupful of boiling milk or of beef tea. Stir the mixture and allow it to boil a little until the whole acquires the consistence of fine jelly. All these preparations are to be fed to the patient as required.

PROF. LEIBIG'S SOUP

is made as follows, and is an excellent food for children, sick or well:

Take a heaping table-spoonful of wheat flour, a table-spoonful of malt meal, and 7½ grains of bi-carbonate of potash. The potash may be obtained from the druggists, put up in 7½-grain packages

each, ready for use. Mix all well together, then add two table-spoonfuls of water and mix well; then add ten table-spoonfuls of milk; place the whole upon a slow fire and stir until it begins to get thick. At this point remove from the fire and stir for five minutes; heat again until it gets thick; then remove and stir until it gets quite thin; and finally heat it until it boils. Now, when cool, pass it through a fine sieve or fine linen cloth, and it is fit for use.

PROF. TROUSSEAU'S MEAT DIET.

Lean beef or mutton is finely hashed, and then pounded in a mortar until a pulp, and then passed through a fine sieve. The thick, concentrated juice thus obtained is highly nutritious and easily digested, and when salted or otherwise seasoned, is quite acceptable. Give one or two table-spoonfuls in fractional doses the first day. If well borne, increase the quantity day by day until 1 or 2 quarts are taken in the 24 hours.

ACID SPONGE BATH.

Muriatic acid 3 ounces.
Nitric acid 2 ounces.
Water 5 ounces

Mix and add ¼ of this to 2 gallons of water for a sponge bath. Make the whole a comfortable warmth by first heating the water. Place both feet into the water and sponge the legs and inside of the thighs, inside of the arms and over the liver. This should be practiced for 10 or 15 minutes

morning and evening. An earthen-ware or wooden vessel must be used, as the acid would corrode one of metal.

ACID FOOT BATH.

Nitric acid 4 ounces.
Muriatic acid 1 ounce.
Warm water 4 gallons.

Mix—To be used in a wooden or an earthen vessel. An admirable foot bath in dyspepsia, with derangement of the liver and constipation of the bowels. Should be used every evening at bed-time. To bathe the abdomen is also a good plan in those cases. The sitz bath in case of piles and the hip bath in sciatica is often attended with very beneficial results if persisted in.

ALKALINE BATH.

Carbonate of soda 1 pound.
Warm water 30 gallons.

Mix—Useful in all scabby diseases and rheumatism, wandering gout and gouty habits of body; also in gravel and kidney and bladder diseases.

NO. 2.

Carbonate of potash 4 ounces.
Warm water 30 gallons.

Mix—Use as a bath daily in cases as above, viz: skin diseases, rheumatism and gouty affections, gravel and kidney troubles, or bladder difficulties. These baths should in all cases be persisted in for a length of time.

BORAX BATH.

Borax 4 ounces.
Glycerine 5 ounces.
Warm water 30 gallons.

Mix—Useful in scaly and other irritable diseases of the skin.

COMPOUND SULPHUR BATH.

Sulphuret of potassium 4 ounces.
Hyposulphite of soda 1 ounce.
Sulphuric acid 1 dram.
Warm water 30 gallons.

Mix—Good in all skin diseases and constitutional diseases, such as syphilis, scrofula, etc.

ACID BATH.

Nitric acid 1½ ounces.
Muriatic acid 2 ounces.
Warm water 30 gallons.

Mix—To be prepared in a wooden bath-tub. The patient should remain in the bath from 10 to 20 minutes. Useful in cases where the liver is inactive, in jaundice, and where the perspiration has a fetid and sour odor.

NO. 2.

Dilute muriatic acid 1½ ounces.
Warm water 30 gallons.

Mix—Prepare in wooden bath-tub. This tonic bath is useful in the hysterical and nervous patients, and should be employed daily, to prepare them for the shower baths.

SULPHUR BATH.

Sulphuret of potassium 4 ounces.

Water 30 gallons.

Mix—Good in itch, lead colic, paralysis from lead, and all cutaneous diseases.

IODINE BATH.

Iodine 1 dram.

Iodide of pot. one-half ounce.

Solution of potassium 2 ounces.

Warm water 30 gallons.

Mix—Useful in scrofula, long standing rheumatism, and certain skin diseases.

ARTIFICIAL SEA WATER BATH.

Bay salt 2 pounds.

Epsom salts 3 ounces.

Iodide of potassium 2 drams.

Lime water 1½ ounces.

Warm water 30 gallons.

Mix—This is a good substitute for natural sea water bath when the latter cannot be obtained. It may be used hot or cold.

NO. 2.

Common salt 9 pounds.

Epsom salts 10 ounces.

Chloride of magnesia 18 ounces.

Water 30 gallons.

Mix—It is found sea anemones and other denizens of the sea will live and thrive in this water, and this may be considered a delicate test of this water.

CREOSOTE BATH.

Creosote 2 drams.

Glycerine 2 ounces.

Water 30 gallons.

Mix—Useful in scaly diseases of the skin.

HEMLOCK AND STARCH BATH.

Ext. Hemlock 2 drams.

Powdered starch 2 pounds.

Warm water 30 gallons.

Mix—Useful in certain skin diseases characterized by great sensitiveness and irritability.

FOR SLEEPLESSNESS.

Bromide of potassium one-half ounce.

Cinnamon water 2 ounces.

Mix—For adults the dose of this is a dessertspoonful, taken just before the evening meal, and another dose just before going to bed.

BEEF TEA.

A pound of fresh beef should be chosen from the neck or loins and carefully freed from fat. It is then to be cut in fine pieces, and a very little salt and five grains of unbroken black pepper added. Pour over it a pint of cold water, and place it on the fire to simmer for 40 minutes. Then pour off the liquor and squeeze out all the juice through a cloth. The meat is then to be thrown aside and the tea returned to the fire to boil ten minutes. Care should be used not to put too much salt, as that is too often done, and it spoils it for the patient.

EGGS, CREAM AND BEEF TEA.

Wash 2 ounces of best pearl sago until the water turned from it is clear. Then stew the sago in one-half pint of water until it is quite tender and very thick. Mix with it one-half pint of good boiling cream and the yolks of 4 fresh eggs, and mingle the whole carefully with 1 quart of beef tea, which should be boiling. Then serve.

GRUEL AND BEEF TEA.

Take 2 table-spoonfuls of oatmeal with 3 of water, and mix them thoroughly. Then add a pint of strong, boiled beef tea. Boil all 5 minutes, stirring to keep the oatmeal from burning, and strain through a hair sieve. This is a good restorative from sickness during convalescence before solid food can be taken.

EXTRACT OF BEEF.

Cut into small pieces one-half pound lean beef, cork it tightly in a wide-mouth porter bottle, which is to be placed in a kettle of cold water. The kettle is to be heated until the water boils, and is to be kept boiling for 3 hours. The bottle is then taken out and decanted, and seasoned with salt and pepper.

ESSENCE OF BEEF.

Take 1 pound of gravy beef, free from skin and fat, chop it up as fine as mince meat and pound it in a mortar with 2 table-spoonfuls of soft water. Then put it into a covered earthern jar with a little salt, cementing the edges with pudding paste.

Place the jar in an oven, or tie it tightly in a cloth and plunge it in a pot of boiling water for 3 hours. Then strain off the liquid essence, which will amount to about a wine-glassful in quantity. Give 2 or 3 tea-spoonfuls frequently.

A NOURISHING SOUP.

Beef, a shin.

Cold water 2 quarts.

Boil until the meat is in shreds; season with 1 red-pepper pod. This soft, jelly-like mass constitutes what is known as the "stock of soup." It can be kept for a week in a cool place. Whenever soup is wanted take a tea-cupful of this stock and add one-half pint of water, with vegetables. Boil and strain. Then toast small pieces of stale bread and put into the soup. This preparation, the extracted nutriment of the meat and vegetables, without the solid matter, is often of great service when neither meat nor vegetables can be taken.

AN EXCELLENT RESTORATIVE SOUP.

Take 1 pound of newly killed beef or fowl, chop it fine, and add one-half pint soft water, 6 drops muriatic acid, 1 tea-spoonful of common salt, and stir together. After 3 hours the whole is to be thrown upon a conical hair sieve, and the fluid allowed to pass through with a slight pressure. On the flesh residue in the sieve pour a wine-glassful of water and let it run through while squeezing the meat. You will now have a cupful of cold juice of

a pleasant taste, and a wine-glassful may be taken at pleasure.

STRONG BROTHS FOR CONVALESCENTS.

These may be made by mixing together several kinds of meat, such as beef, mutton and veal, cow's shin, etc. Bones may be added and any leavings of meat that are not too stale. Allow a pound of meat to a pint of water. Stew some slices of onions and pepper-corns with a little hot water. Pour it over the meat and cover close. Keep the mass from burning until it is nicely browned. Then add the remainder of the water cold, and simmer, closely covered, for 3 hours. If there be much fat skim it off when cold, and warm the liquor again. It must not be boiled fast. This is a strong broth and beneficial when the appetite is good.

CHICKEN BROTH.

Put the leg and wing of a chicken into 1 quart of water, and boil down to half the quantity. Add a tea-cupful of hot water, a table-spoonful of rice or barley, a little pepper, salt, and parsley; if desired a little potato may be added.

LAMB BROTH.

Stew a lamb chop in a quart of water until it comes to shreds. Add a table-spoonful of barley or rice and a little salt and onion if desired. Strain and add a little parsley.

BAKED PARTRIDGE.

Clean the partridge as you would a chicken to roast. Fill with raw oysters and season with butter, pepper and salt. Sew it up. Place in the oven well wrapped, with butter, and bake.

BROILED PARTRIDGE.

Open the partridge on the back, so as not to break the breast, which is usually preferred by the sick. Place it on the gridiron and broil, basting with butter while broiling. Serve on hot plates.

BOILED TRIPE.

See that the tripe has been well cleaned. Boil it in water until it becomes quite soft. Then pour off the water and boil a few minutes in milk, adding a little onion sauce. Serve in a tureen. This is an excellent and readily digestible food.

BROILED OYSTERS.

Toast some bread, butter, and pour the liquor of oysters over the toast. Set in the oven. Then broil the oysters on a small gridiron and place over the toast, with butter and pepper.

CHICKEN JELLY.

Cut up a chicken, break all the bones, and put it into a jar. Fill the jar with boiling water, closely cover it, and keep the chicken in this boiling water 3½ hours. Then strain the liquor and season it with salt and mace. The mace and spices are generally disliked by most patients, and in that case should be omitted.

MUTTON AND VEAL BROTH.

Take a lean mutton-chop, 1 pint cold water, a little salt and a table-spoonful of rice, a little parsley, pepper and salt. Boil for an hour and serve. This broth will not keep, therefore it must be made fresh each time.

CALVES' FEET IN MILK.

Boil 2 calves' feet in 2 pints of milk and water 3½ hours. This makes a very palatable dish when seasoned to the taste.

VEGETABLE SOUP.

Take 2 Irish potatoes, 1 onion and a piece of bread; place them in a quart of water, and boil down to a pint in a closely covered vessel. Add a little celery or parsley toward the close of the boiling. Salt and pepper may be employed at pleasure. If the directions are followed this will be a very nice soup for convalescents.

SOUP TABLETS.

The following receipt is given by Dr. Reinsch in the German manuals of pharmacy for making the soup tablets so much in use in the German army during the late war: Take 11 parts by weight of good suet, melt in an iron pan, and make it very hot, so as to become brown. Add, while keeping the fat stirred, 18 parts of rye meal, and continue heating and stirring, so as to make the mass brown. Add then 4 parts of dried salt and 2 parts of coarsely pulverized caraway-seed. The mixture is powdered into tin pans, shal-

low. The cakes resemble chocolate. About 1 ounce of this preparation is sufficient to yield when boiled with some water a ration of good soup, and the cakes, being agreeable to the taste, may be eaten also.

OYSTER SOUP.

Take of oysters one-half dozen, milk a tea-cupful, with enough liquor of the oysters to make a bowl, a few allspice and cloves, a nice lump of butter, pepper and salt. Bring to a boil and skim. Then throw in the oysters and simmer. Add a few toasted crackers before removing from the fire.

PANNED OYSTERS.

Butter a large piece of bread and put into a right hot pan. Liquor of oysters pour into the pan. So soon as hot add the oysters and season light. Use no milk. A few table-spoonfuls of Maderia wine may be added just before removing from the fire.

STEAMED OYSTERS.

Scrub the oysters clean. Put in a steamer over a kettle of boiling water until they open. Serve on the shells. Eat with pepper, salt and butter.

SCALLOPED OYSTERS.

Take nice, large oysters, and put them with the liquor into a baking pan, with milk. Alternate layers of oysters and crackers crumbed, with plenty of butter, pepper, and salt, and a little ground mace. Bake.

ROASTED OYSTERS.

The oysters are to be well scrubbed. If not perfectly clean and white they are not fit for the sick room. The sight of dirty oyster shells is sufficient to disgust the patient with the dish. After the oysters are nicely scrubbed they are to be placed in an oven in a pan. They lose their liquor if put over the coals, but when thus roasted they preserve their liquor. Eat with butter.

SUET PUDDING.

Take 1 egg, half ounce of suet, to be chipped very fine in 4 ounces of flour and ¾ of a pint of milk. Bake or boil. A gravy of roast meat poured over this makes a rich and agreeable dish.

SUET BOILED IN RICE MILK.

Take some rice milk (boiled rice and milk) and boil it. When nearly boiled enough add a dessertspoonful of beef suet, already minced as small as bread crumbs. Boil slowly for a few minutes, and take off the scum as it rises, or the suet may be enclosed in a muslin cloth bag. It must be eaten hot. This was once a favorite remedy for consumption. It certainly is an excellent means of getting fat into the system when there is a demand for that element, and in wasting diseases where cod-liver oil is ordered.

WINE WHEY.

Take a pint of fresh milk, and place it on the fire; as soon as it reaches the boiling point, add as much good Madeira wine or sherry wine as will

coagulate it, then the mixture, and sweeten or flavor for use. If properly made this will in some cases prove of much service to the sick.

LIME WATER AND MILK.

Mix together equal parts of lime water and milk. This compound will sometimes be retained on a weak stomach when all else is rejected.

ENGLISH MILK PORRIDGE.

Rub up a table-spoonful of good flour or fine oatmeal in a little cold water, and when well mixed pour it slowly into a pint of hot milk, and boil a few minutes, stirring well.

SPANISH CREAM.

Isinglass half ounce.

New milk 1½ pints.

Simmer but do not boil. The yolk of 3 eggs to be beaten with half a cup of loaf sugar. Pour the hot milk on the eggs, spice to the taste, and put into moulds, allowing five hours for it to congeal.

AN EXCELLENT CUSTARD.

Milk 1 pint, place it to boil; while boiling take off. Eggs 3—separate them and beat the yolks up with sugar enough to sweeten to the taste, and with corn starch a tea-spoonful, rubbed in smoothly. Then pour this egg and corn starch mixture into the pint of boiling milk. Boil for a few minutes and stir constantly to prevent lumping and burning. When the whole becomes a thick creamy mass, remove. Have ready in a dish some stale

sponge cake wet with brandy or wine. Pour the custard over it and cover all with the white of 3 eggs whipped stiff with a half tea-cupfull of pulverized sugar and flavor with *vanilla.* This dish may be served in a pretty and tempting way by ornamenting the top with currant jelly.

As many dishes with eggs are spoiled by the eggs having been improperly beaten, I give the following directions for beating eggs *light: Never use an egg beater.* Use only a fork, silver or steel. Beat it one way only, toward the left; *beating first on one side of the dish and then on the other* makes the mass heavy and causes it to fall. Attention to these few directions will enable any one to beat eggs into a dry, light, and puffy condition.

MILK, FLOUR AND IRON.

Beat up carefully a table-spoonful of flour, one raw egg and 20 grains of the sweet carbonate of iron with one-half pint of new milk, flavoring with nutmeg and white sugar. Take this for lunch with a biscuit; it will be found very valuable in the early stages of consumption and wasting diseases

RICE PUDDING.

Take 2 table-spoonfuls of rice, sugar to taste, 1 egg, size of a walnut of butter, and 1 pint of milk. Mix and bake. This is a most valuable article of food, and easily got and quickly prepared, and to most patients a very desirable dish. Care should be taken in the preparation of this as well as all other dishes for the sick.

BRANDY AND EGG MIXTURE.

Take a wine-glass full of good brandy and beat 3 eggs up in it with a little sugar and *nutmeg*. Two table-spoonfuls should be given every 2, 4, or 6 hours in cases of great prostration. Often the addition of a tea-spoonful of Huxham's tincture of bark to each dose will be found beneficial.

ARTIFICIAL ASS'S MILK.

Take one-half ounce gelatine and dissolve it in one-half pint hot barley water, then add two table-spoonfuls of refined sugar and pour into the mixture one pint of good new cow's milk.

ARTIFICIAL GOAT'S MILK.

Chop one ounce suet very fine, tie it tight in a muslin bag and boil it slowly in a quart of new milk; sweeten it with white sugar. This is an excellent preparation in some cases of wasting disease where the unpleasant odor of goat's milk prevents it from being taken.

MACARONI AND VERMICELLI.

Add a little cold water to 1 ounce of either. Boil for a few minutes, then pour away this water, and boil in one-half pint milk. Grate in cracker crumbs, butter, and add a little nutmeg, or make into pudding and bake. Macaroni is cheap, and a valuable article in the sick room. It and vermicelli may be advantageously added to any broth, or eaten with chicken or a chop in place of vegetables. It is a perfectly safe food.

BOILED RICE.

Rice, a tea-cupful.

Cold water 1 quart.

Add a little salt; cover and boil with lid on, but do not stir. After it is boiled soft take off the lid and set on the back of the stove to dry. All the grain will then be found separated.

IRISH MOSS BLANC MANGE.

Take of Irish moss only a small pinch, as it is very strong; cold water a tea-cupful. Soak for half an hour. Boiling milk, one pint. Mix and sweeten to taste. Flavor with vanilla. Strain through a hair sieve and put in molds, and then on the ice to thicken. It should become so thick that it can be cut into slices.

A cream with which to serve the above is made as follows: Take of milk a large coffee-cupful, place over the fire, and as it comes to a boil beat up an egg briskly in it, and flavor with wine or brandy. This cream poured over the blanc mange adds both to its flavor and nutritive qualities.

CAUDLE.

Beat up 1 egg with a wine-glassful of sherry, and add to it a half pint of hot gruel. Flavor with sugar, nutmeg and lemon-peel. This is often used in sleeplessness caused by debility.

BRAN BREAD.

Take of bran flour 1 quart, sour milk 1 pint, soda 1 tea-spoonful, a little salt, and syrup to sweeten to taste. Bake at once.

OATMEAL MUSH.

Take of oatmeal 4 table-spoonfuls ; boiling water 1 quart. Mix and boil for 1½ hours, adding a half tea-spoonful of salt. Then turn it out in small cups, and eat it with milk.

CORN-MEAL GRUEL.

To any amount of water add sufficient salt to give it flavor. Then stir in slowly enough corn meal to make a thick gruel, and let it remain on the fire for 15 minutes, stirring constantly, adding boiling water to keep it moderately thin. Serve with milk and sugar, molasses or honey, as preferred.

TO PREPARE TAPIOCA.

Take of tapioca one-half tea-cupful ; water, 1 quart. Boil until perfectly clear. Sugar enough to sweeten to taste. Put in dish with sliced apple or peaches, and place in the oven to bake. Eat with cream, or instead of baking with apples in this way cut pine-apple, fresh or preserved, or marmalade, into the clear boiled tapioca, and eat with thick, rich cream. This is one of the very delicate dishes for the sick or convalescent.

TAPIOCA OR SAGO WITH EGGS.

Boil as above directed. Instead of apples or peaches put in two eggs and a little nutmeg, and then bake. Eat with or without cream. Farina is prepared in the same way as tapioca, using milk instead of water.

CORN STARCH.

Take milk 1 pint, to be brought to a boiling point. Corn-starch 3 table-spoonfuls. Mix with milk into a thin paste, and break in 1 egg if desired. Then add all to the boiling milk. Sweeten, put in a little pinch of salt, and stir to prevent burning. Boil until it becomes thick. Then turn into a mould to cool.

BREAD PUDDING.

One pint of milk.

Two eggs.

Mix and sweeten. Place a few slices of buttered bread on top, and put in oven to bake.

FOR ITCH.

Gun powder 1 ounce.

Chalk 1 dram.

Sweet cream 4 ounces.

Let stand 12 hours; then apply.

I. E. FRAZE.

SALT-RISING BREAD.

Take of new milk 1 tea-cupful, salt a small half tea-spoonful, boiling water 1 quart; mix, and allow it to stand until about milk warm, then stir in flour until it becomes quite stiff, and add a tea-cupful of yeast. Set the vessel in another of warm water and be careful not to let it get too hot; when cool, knead and bake like ordinary bread.

Many people not knowing how to properly prepare yeast, have sour bread. In the interest of the sick, to whom sour bread is particularly dis-

tasteful and hurtful we give the following receipt for making

POTATO YEAST.

Pare, boil, and mash finely twelve potatoes, stir into these a large cup of sugar and one quart of boiling water; when cold add one quart of cold water and a half pint of yeast It is now fit for use. Shake before using. Bread made of this yeast never needs saleratus; the sugar in the yeast prevents it from souring. It must be kept in a warm place.

CORN BREAD.

Sour milk one quart.

Saleratus 2 table-spoonfuls.

Butter ¼ pound.

Flour 3 table-spoonfuls.

Eggs 3.

Corn meal enough to make a stiff batter; bake at once. Made in this way it is nice for the breakfast of a sick person.

BREAD PUDDING.

Grate a few pieces of stale bread into crumbs, pour boiling milk over them, and cover close from the air. When the mass is quite smooth and cold, add sugar and an egg or two, a bit of nutmeg and a few drops of lemon, and bake or boil.

CRACKER PUDDING.

Take of crackers 4, rolled fine; boiled milk 1 pint, to be poured on the crackers; butter, a piece the size of a walnut, eggs 3; mix and bake for one hour and eat with wine sauce.

MILK TOAST.

Cut a round off a loaf and toast it to a uniform brown. Lay it in a soup plate, and pour on it as much boiling milk as is necessary to soak it completely. Then butter and sprinkle with a little salt. This makes a delicious and very nourishing article of food, and, from its soft texture, is well suited to invalids.

APPLE OR OTHER FRUIT WITH BREAD CRUMBS.

Boil the fruit well, and then rub the pulp through a hair sieve. Make it thick enough to stand in a conical shape. Add a little butter, and surround the mass with a coating of bread crumbs browned before the fire. The bread should be stale. This is a nice relish, and generally a safe one. It is useful where fruit may be allowed, but not pastry.

BREAD JELLY.

Take a quantity of the soft part of a loaf and break it up. Cover it with boiling water and allow it to soak for some hours. The water, containing all the noxious matter with which the bread may be adulterated, is then to be strained off completely, and fresh water added. Place the mixture on the fire and allow it to boil some time until it becomes smooth. The water is then to be pressed out, and the bread on cooling will form a thick jelly. Mix a portion of this with sugared milk and water for use as it is wanted. This is a good food

for children at the time of weaning and for sick children. They most always are fond of it.

AN APPETIZING JELLY.

Take of Cox's gelatine a fourth of a box, cold water ½ pint, mix and soak for an hour, and add boiling water 1 pint, white sugar ½ pound, lemons 1 ½, both juice and grated rind; stir well and strain through a flannel bag and set to cool. If wine be allowed, add, before thinning, Madeira wine ½ a wine glassful. Allspice and cinnamon are to be avoided in making this jelly, as they are ordinarily disagreeable to the sick. Oranges may be employed instead of lemons, or oranges and lemons may be mixed.

ICELAND MOSS JELLY.

Take of Iceland moss, 2 ounces (to be had of the druggist), water 1 quart. First wash the moss in some cold water, then boil it slowly in the quart of water until it becomes very thick, adding white sugar until it becomes sweet enough, strain through a cloth; serve cold. It may be eaten, if preferred, with spices.

Irish moss jelly may be made the same as Iceland moss jelly and served in same manner.

ICELAND MOSS AND BITTER JELLY.

Take of Iceland moss and Irish moss of each 1 ounce, to be had at the druggist's. Boil slowly in 1 ½ pints of milk for three-quarters of an hour. Strain through muslin, an add 6 table-spoonfuls dissolved in two table-spoonfuls of the compound

tincture of bark (Huxham's tincture), to be had at the druggist's. A dessert-spoonful to be taken frequently in the course of the day. The above is a useful dietetic and tonic jelly in consumption and other wasting diseases.

CALVES FOOT JELLY.

Take of calves feet 1 set, boiling water 1 quart. Boil down to a pint, sweeten while boiling, flavor with lemon-juice and the grated rind of a lemon. Do not use cinnamon. Then strain through a flannel bag, and put in a bowl. After it is jellied serve in glasses.

Or, put 2 calves feet in 1 gallon water, and boil down to 1 quart. Strain, and when cold skim off the fat. Take up the clear jelly and place it in a sauce-pan with a pint of wine, half a pound of loaf sugar, the juice of 4 lemons and the white of 6 eggs beaten into froth. Mix all well together. Set the sauce-pan on a clear fire and stir the jelly until it boils. When it has boiled for 10 minutes pour it through a flannel bag until it runs clear.

SLIPPERY-ELM BARK JELLY.

Take four large spoonfuls of chipped slippery-elm bark, and pour on a quart of water; let it stand all night, then stir and let it settle; the next morning pour off the water, slice the rind of a lemon very thinly, and with the juice, put it in the water strained, let it gently simmer for fifteen minutes, sweeten and pour in a mould to cool and harden, taking out the rind before putting into the mould.

RICE JELLY.

Take a quarter of a pound of rice flour and a half pound of loaf sugar, boil in a quart of water until the whole becomes a glutinous mass, strain the jelly off and flavor. This preparation of rice is nutritious and light, very suitable for the *sick*.

SAGO JELLY.

Take four table-spoonfuls of sago, 1 quart water, the juice and rind of 1 lemon, and enough sugar to render it agreeable. After the mixture has stood half an hour, boil it until all the particles are entirely dissolved, the mass being constantly stirred. This is also one of the good and agreeable preparations for the sick room, and if the directions are faithfully followed you will not fail to please the sick.

EXCELLENT JELLY.

A very excellent jelly for invalids may be made by thinly slicing and slightly toasting a penny roll, boiling in a quart of water until it becomes a thick mass, and straining on a few shavings of lemon peel. In making all these preparations the utmost care must be taken to avoid scorching. For this reason it is better to have a double boiler.

TOAST WATER.

Take of stale bread a slice and toast right brown. Boiling water, a pint, to be poured over the toast in a large bowl. Sweeten and put in a little nutmeg. Cover until cold.

BARLEY WATER.

It may be made two ways. When a drink is wanted it may be made thin; when for food it should be made thick.

THIN BARLEY WATER FOR DRINK.

Wash some pearl barley clean in two or three cold waters. To one or two table-spoonfuls of the barley add a quart of boiling water, and let it stand near the fire uncovered for two hours. It must not be boiled. Add two or three slices of lemon and some of the peel, sweeten to taste. This is a very useful drink in an irritable condition of the stomach, bowels, kidneys or bladder.

THICK BARLEY WATER.

After cleaning the barley as above directed take three table-spoonfuls of barley to each pint of water, simmer for two hours, adding a few opened raisins and a little lemon peel, and sugar, during the last quarter of an hour; it need not be strained. When this can be taken freely it affords a considerable amount of nourishment. It is useful in great prostration and in weakness of the digestive organs The patient will acquire a taste for it if tried every day and is an invaluable article, often agreeing with the stomach when other food can not be taken.

TAMARIND WATER.

Take 1½ ounces of the best tamarinds and 2 ounces each of currants and raisins, washed and stoned. Boil in 3 pints of water until reduced

one-half. Then add a bit of lemon peel and strain.

The above is an agreeable drink when a sour and strongly flavored one is desired.

ALMONDS AND MILK.

Take a large piece of isinglass and boil it with a tumblerful of milk, half a dozen bruised almonds, and two table-spoonfuls of white sugar, to be taken warm once or twice a day. This is a very useful, soothing drink in cases of sore throat; also in cases of debility and irritability of the stomach, with tendency to a diarrhea.

THE BREAD AND MILK POULTICE.

Pour boiling milk on the crumbs of stale wheat bread in a basin. Stir with the back of a spoon until the mass is brought to the thickness and consistency of mush. Spread upon a piece of cloth folded several times and a little larger than the surface intended to be covered. After applying cover with oil silk.

This is an excellent poultice, subject to the only disadvantage of souring quickly. It must therefore be frequently changed. Instead of milk, water may be used in the preparation of the poultice. We have then the simple bread poultice, which does not become offensive as soon.

SIMPLE BREAD POULTICE.

Cut slices of bread half round a loaf about three quarters of an inch thick, place them in a soup plate and pour boiling water upon them until they are

quite soaked through, smear a little sweet oil over the surface which is to go next to the skin and do not break the bread.

FLAXSEED MEAL POULTICE.

Warm a wash basin by scalding it with boiling water, place in it sufficient ground flaxseed and mix it well with boiling water, so as to have no lumps, into a thick, smooth, cohesive mass, spread it a quarter of an inch thick on a folded muslin or linen cloth, lay over it a piece of thin gauze, which may be sewed about the edges so as to inclose the poultice in a bag, and thus prevent it escaping among the clothing; apply and keep warm and moist by covering with a piece of oil silk, paper or muslin.

To make a poultice large enough to envelop one side of the chest, from ½ to 1 pound of the linseed meal will be required. The flaxseed meal poultice is for most purposes the best which can be employed; it retains its heat and moisture for a long time, the oil it contains keeps it soft and prevents it from sticking and it is easily and quickly made. Poultices are also made from *turnips*, *carrots*, *apples* and the more tender roots, by removing the skin, boiling them and mashing into a soft *pulp*.

BRAN POULTICE.

Scald some bran in a soup-plate, put it into a flannel bag, and lay upon the seat of pain.

This is a very soothing application in pain of the stomach and bowels.

SLIPPERY-ELM POULTICE.

Moisten the powdered slippery-elm bark with hot water. Spread and apply as directed for flax-seed meal poultice.

This poultice is very light and soothing. It is therefore well adapted for applications to the eye or to burns and irritable sores.

MEDICATED POULTICES.

Any of the above poultices may be medicated by the admixture of various drugs. To make a poultice astringent sprinkle over the surface some of Goulard's extract, or in preparing it use a solution of acetate of lead (half an ounce of sugar of lead to the quart of water), or a decoction of oak bark (an ounce of bruised bark to a pint of boiling water). To make any poultice anodyne sprinkle a little laudanum over the surface to get a stimulating effect. Mix with it common salt, vinegar or port wine. To apply cold, pound up ice and put in a bladder and lay on face of poultice.

MUSTARD POULTICE.

Mix the ground mustard with warm water, spread evenly upon several folds of linen, and cover the surface which is to be placed next to the skin by a thin piece of gauze or cambric.

The length of time this poultice can be borne varies with the condition of the skin and the sensibility of the patient. In a few minutes after it is applied a feeling of warmth will be noticed. This sensation continues to increase until about 20 min-

utes, when it can be no longer borne with comfort. It should then be removed. The mustard poultice should never be left on long enough to cause a blister. It is only intended for a counter-irritation.

ARROWROOT POULTICE.

Mix the arrowroot into a smooth paste with sufficient cold water. Then add enough boiling water to make it into a thick, adhesive mass. Spread and apply as in the case of other poultices.

This is a most useful application to tender and irritable places.

YEAST POULTICE.

Take of flaxseed meal or oatmeal 1 pound, yeast one-half pint. Mix and heat in a pot until the mixture swells. Spread on linen.

This yeast or fermenting poultice is used in fetid ulcers, in gangreen and mortification, as an antiseptic.

ONION POULTICE.

Boil thoroughly some corn-meal until a soft mush is produced. Cut several raw onions very fine. Stir the onions and juice into the hot mush, heat through, and spread upon cloth.

When children are threatened with convulsions or fits the application of onion poultices to the feet and limbs is a very useful one, and may avert the attack. Onion poultices are also of service in cases of croup and catarrh in cases of young children.

CHARCOAL POULTICE.

Mix finely powdered, recently-burned charcoal with the bread, oatmeal or flax-seed before making into a poultice in the manner as above directed.

The charcoal poultice is an excellent antiseptic, but subject to the objection of coloring the parts to which it is applied, and thus concealing from the eye their true condition.

This defect may be remedied, however, by covering the poultice before application with a piece of fine linen.

ACONITE SOLUTION.

Tincture of aconite 1½ ounces.

Water 4 ounces.

Mix—Useful in neuralgia and other affections where the pain is not deep seated. Applied by means of a compress dampened by the solution.

COOLING LOTIONS.

Spirits of mindacrus 2 ounces.

Spirits of wine 1 ounce.

Rose water, a tumblerful.

Mix—This is a cool, evaporating lotion especially applicable to the scalp in cases of affections of the brain. Or take of.

Muriate of ammonia one-half ounce.

Spirits of wine 1 ounce.

Vinegar 3 ounces.

Water 5 ounces.

Mix—To be used as above.

COLD APPLICATIONS.

When ice cannot be had water may be cooled by mixing the following:

Muriate of ammonia 5 ounces.

Nitrate of potash 5 ounces.

Water 1 pint.

Or, add 1 part of alcohol to 6 of water.

Either of the above mixtures will make a cold application in the absence of ice.

LOTION OF SUGAR OF LEAD AND OPIUM.

Sugar of lead one-half ounce.

Powdered opium one-half dram.

Boiling water 2 quarts.

Mix—To be applied by means of a piece of old flannel wrung out in the solution, not forgetting to cover the flannel with oiled silk paper or muslin in order to confine the heat and moisture.

The above is a very grateful application in many painful affections.

TO ALLAY ITCHING OF THE SKIN.

Carbolic fluid 1 dram.

Glycerine 2 ounces.

Water 5 ounces.

Mix—Apply after having washed the parts well with soap and water.

NO. 2.

Borax 3 drams.

Glycerine 1 ounce.

Rose water 5 ounces.

Mix—The parts are to be washed with honey soap and this lotion applied 3 or 4 times daily.

SOLUTION OF ARNICA.

Tincture of arnica 3 drams.

Water 6 ounces.

Mix—This is an excellent lotion for bruises, scalds or burns, where the skin is not broken.

SIMPLE PURGATIVE INJECTION.

Common salt a table-spoonful.

Molasses a table-spoonful.

Warm water a pint.

Dissolve—A small piece of soap may be added with advantage. This is the proper quantity for an adult; for a child ¼ of the above; for an infant one-eighth.

SOAP INJECTION.

Yellow soap ¼ pound.

Boiling water 1 pint.

Cut the soap up into shavings, pour the boiling water over it and beat it up till dissolved, and then when sufficiently cool, use.

CASTOR OIL INJECTION.

Castor oil 2 ounces.

White starch ½ ounce. Rub the oil gradually into the starch and add a pint of soap and water, or of thin gruel.

TURPENTINE INJECTION.

Take of oil of turpentine 1 dram, beat up with one egg and add half a pint of thin gruel.

SOOTHING INJECTION.

Scrape up half a pound of the roots of marsh mallow, simmer in a quart of water until reduced to a pint, strain and when cool use.

ANODYNE INJECTION.

Laudanum 40 drops.

Warm milk (or mucilage) 2 ounces.

Mix—This is the proper dose for an adult.

FOR ROUGH SKIN IN CHILDREN.

Cream of tartar 2 ounces.

Sulphur 2 ounces.

Mix—Tea-spoonful in molasses every morning; for an adult the dose would be 2 tea-spoonfuls.

TO RELIEVE COLIC AND INDIGESTION.

Sliced fresh ginger root 4 ounces.

Alcohol 1 quart.

Let it stand for a month before using. Dose from 10 drops to a tea-spoonful every 1, 2, or 3 hours.

GARGLE IN SORE THROAT.

Red pepper pulverized 1 dram.

Salt 2 drams.

Water one-half pint.

Vinegar one-half pint.

Boil for a few minutes then strain and cool. Gargle the throat with a table-spoonful of this every 3 hours, in tonsilitis or quinzy and in diphtheria. This in connection with other treatment to allay the fever has cured the worst cases of diphtheria.

FOR SCROFULA.

Cod liver oil 1 ounce.
Peppermint water one-half ounce.
Tincture of orange-peel one-half ounce.
Gum arabic 3 ounces.
Oil of wintergreen 10 drops.

Mix—A dessert-spoonful 3 times a day for a child. Double the dose for an adult.

NO. 2.

Cod liver oil 1½ ounces.
Oil of creosote 4 drops.
Powdered tragacanth 1 scruple.
Powdered gum arabic 1 scruple.
Powdered starch 1 scruple.
White sugar 1 dram.
Anise water 5 ounces.

Mix—Take 1 table-spoonful 3 times daily. This makes quite a palatable mixture. The creosote in it renders the oil more readily acceptable to the stomach.

NO. 3.

Iodine 10 grains.
Iodide of pot. 20 grains.
Water 1 ounce.

Mix—Dose, from 4 to 6 drops for a child 3 times a day in sweetened water. For an adult double or treble the dose.

NO. 4.

Iodide of iron 4 grains.
Glycerine one-half ounce.

Infusion of columbo 3 ounces.

Mix—Tea-spoonful 3 times a day for a child. Double the dose for an adult.

FOR INFLAMMATORY RHEUMATISM.

Quicklime 1 ounce.

White sugar 4 ounces.

Boiling water 1 quart.

Mix well and strain when cool. Dose, tea-spoonful every 3 hours. This is one of the best medicines in above case to be had. Don't fail to try it.

FOR SCURVY.

Strained lemon juice 1 pint.

White sugar 2 pounds.

Mix them and simmer for half an hour, then bottle and add a table-spoonful of good brandy. Dose, tea-spoonful before each meal.

FOR ITCH.

Sulphur 1 ounce.

Clean lard 3 ounces.

Carbolic acid 1 dram.

Mix—After the surface has been well washed apply this salve 3 times daily with the aid of heat.

FOR SCURVY.

Select young branches from the young spruce fir, and extract the essence from them by boiling down to concentration. Take of this spruce essence 8 ounces, bruised allspice and ginger of each 4 ounces, water 3 gallons. Boil for 15 minutes. Then strain and add 11 gallons of warm water, a

pint of yeast and 6 pints of molasses. Mix and allow the mixture to ferment for 24 hours. This beer is well adapted to the above disease, a tumbler half full to be taken frequently, say every 4 hours.

ANOTHER EXCELLENT REMEDY FOR SCURVY.

Nitrate of potash 2 drams.

Vinegar 6 ounces.

Mix—This amount to be taken in the course of 24 hours.

RHEUMATIC FEVER.

Bicarbonate of potash 1 ounce.

Spirits of mindererus 3 ounces.

Water 3 ounces.

Mix—Dose, a table-spoonful in water every 5 hours. If the pain be severe 10 grains of Dover's powders may be given at night. The joints should be wrapped in flannel and the patient kept in bed between flannel sheets.

NO. 2.

Bicarbonate of potash 2 pounds.

Nitrate of potash 1 pound.

Dissolve in 30 gallons of warm water for a bath. The bath should be about 98°.

NO. 3.

Bromide of ammonium one-half ounce.

Tincture of orange-peel one-half ounce.

Water 2½ ounces.

Mix—Give a dessert-spoonful every 3 hours excepting at night.

FOR MUSCULAR RHEUMATISM.

Iodide of potassium 4 scruples.

Huxham's tincture of bark 2 ounces.

Water 2 ounces.

Mix—Take a dessert-spoonful in water 3 times a day after meals.

HAY ASTHMA.

Quinine 40 grains.

Sulphate of iron 20 grains.

Syrup sufficient to form a mass.

Divide into 20 pills and take one 3 times a day. Has cured thousands and the receipt sold once for $50.

IN SMALL-POX.

Common calamine 3 drams.

Oxide of zinc 1 dram.

Rub in a mortar with sufficient sweet oil to make a thick adhesive crust and apply this to the surface. This is a pleasant and painless application.

FOR BRONCHITIS.

Wine of antimony one and one-half ounce.

Sweet spirits of nitre one-half ounce.

Brown mixture 4 ounces.

Mix—Take a table-spoonful every 3 or 4 hours. The bowels should be kept open by the use of a 3-grain pill of blue mass at night followed in the morning with a Seidlitz powder.

NO. 2.

Wine of ipecacuanha 2 drams.

Camph. tinct. opii 1 ounce.

Neutral mixture 4 ounces.
Syrup simplex 1 ounce.
Mix—Dose, table-spoonful 3 times daily after meals.

NO. 3.

Carbonate of ammon. 16 grains.
Hoffman's anodyne 1½ drams.
Syrup of tolu 1 ounce.
Water 1 ounce.
Mix—Tea-spoonful every 2 hours to a child 1 or 3 years old. Double the amount for an adult.

Also the following liniment may be rubbed on the chest with advantage every 3 hours:

Pulverized camphor one-half ounce
Turpentine 2 ounces.
Sweet oil 4 ounces.
Mix.

NO. 4.

Sal. ammoniac 2 drams.
Brown mixture 3 ounces.
Mix—A dessert-spoonful 3 times a day. This is good also in chronic catarrh of the chest.

CHRONIC CATARRH OF CHEST.

Spirits of turpentine 2 ounces.
Vinegar 2 drams.
Yolk of 1 egg.
Rose water 3 ounces.
Oil of lemon 1 dram.
Mix—Rub over chest and along the sides of the neck 3 times daily.

Also give the following internally:

Nitrate of potash 16 grains.
Sweet spirits of nitre 1 ounce.
Honey of squills 1 ounce.
Decoction of senega 4 ounces.
Mix—Table-spoonful 3 times a day

Or:

Acetate of potash one-half ounce.
Vinegar of squills 1 ounce.
Sweet spirits of nitre 1 ounce.
Camph. tinct. opii one-half ounce.
Spts. mindererus 3 ounces.
Syrup of orange-peel one-half ounce.
Mix—Table-spoonful 3 times a day.

A useful expectoration when the sputa is thick and tenacious is the following:

Carbonate of potash one-half ounce.
Wine of ipecac 2 ounces.
Paregoric 1½ ounces.
Syrup of tolu 2½ ounces.
Mix—Tea-spoonful 3 times a day.

ASTHMA.

Tinct. lobelia 1 ounce.
Hoffman's anodyne 1 ounce.
Syrup of tolu 1 ounce.
Mix—A tea-spoonful of this is to be given every half hour in water during the paroxysm, or until relief is obtained. This remedy is only applicable during the fit.

The following curative will be found valuable:

ASTHMA CURE.

Aloes with myrrh 3 grains.
Blue mass 1 grain.
Ext. of dandelion 2 grains.
Ext. thorn apple one-half grain.
Mix—Divide into 2 pills. Take 1 of the above pills every other night.
Or:
Blue mass 4 grains.
Pulv. ipecac 1 grain.
Mix for 1 pill, 1 to be taken every evening at bed-time.

NO. 2.

Iodide of potassium 1½ drams.
Aromatic spts. of ammonia 1½ ounces.
Tincture belladonna 2 drams.
Huxham's tincture of bark 1½ ounces.
Mix—Dose, table-spoonful in a wine-glassful of water 3 times a day.

INFLAMMATION OF THE LUNGS.

Bicarbonate of potash 2 drams.
Syrup of gum arabic 3 ounces.
Mix—A dessert-spoonful to be taken every 4 hours.

NO. 2.

Citrate of potash 1 scruple.
Syrup of orange-peel 2 ounces.
Water 1½ ounces.
Mix—Tea-spoonful every 2 hours.

TONIC EXPECTORANT.

Carbonate of soda 1 dram.
Sol. ammoniac 2 drams.
Fld. ext. gentian 6 drams.
Fld. ext. henbane 2 drams.
Syrup of tolu 2 ounces.
Mix—Take a dessert-spoonful 3 times daily.

CONSUMPTION OF THE LUNGS.

Arsenic 1 grain.
Lactate of iron 30 grains.
Syrup simplex sufficient to make a mass. Divide into 30 pills. Take 1 three times a day. This will be found very beneficial in cases of long standing.

CONSUMPTION.

Calomel 8 grains.
Iodine 30 grains.
Alcohol 1½ ounces.
Lard 1 ounce.
Mix—Rub the chest well with this every evening until pustules come out on the skin.

FOR RELIEF OF THE COUGH IN CONSUMPTION.

Laudanum one-half dram.
Fld. ext. wild cherry 2 ounces.
Syrup of gum arabic 2 ounces.
Mix—Tea-spoonful every 2 hours when the cough is troublesome.

TO CHECK THE NIGHT SWEATS OF CONSUMPTION.

Dilute sulphuric 2 drams.

Fld. ext. wild cherry 2 ounces.

Mix—Tea-spoonful 3 or 4 times a day.

A GOOD DRINK IN CHOLERA.

Take a raw egg and beat it up with half a pint of milk. Mix with 1½ pints of ice water, and use as required to quench thirst.

DYSPEPSIA.

Nitro-muratic acid 2 drams.

Wine of pepsin 3 ounces.

Mix—Tea-spoonful 3 times a day, just before each meal.

NO. 2.

Powdered rhubarb 1 scruple.

Pulv. ext. glycerine one-half dram.

Quinine 10 grains.

Mix—Divide into 10 pills. Take 1 every night.

NO. 3.

Bicarbonate of soda 2 drams.

Sub. nit. of bismuth 3 drams.

Mix—Divide into 12 powders, 1 of these powders to be taken after each meal.

NO. 4.

Oil amber 2 ounces.

Gum arabic fluid mixture 2 ounces.

Mix—A table-spoonful after each meal.

BLEEDING AT LUNGS.

Sulphate copper 7 grains.
Sulphate of iron 2 scruples.
Ext. henbane 1 scruple.

Mix—Divide into 20 pills, 1 to be taken 3 times a day, and the hemorrhage will cease in a short time.

CHRONIC DIARRHEA.

Subnitr. of bismuth 1 ounce.
Tannin 1 dram.
Dover's powder 1 dram.

Mix—Divide into 20 powders, one of these to be taken after each meal.

JAUNDICE.

Rhubarb 6 grains.
Blue mass 2 grains.
Extract of henbane 2 grains.

Divide into 3 pills, one to be taken every other night.

FOR NEURALGIA.

Fowler's solution 1 dram.
Aromatic syrup of rhubarb 3 ounces.

Mix—Take a tea-spoonful 3 times a day after meals.

NO. 2.

Fld. extract of hemlock 1 dram.
Sal. ammoniac 3 drams.
Syr. of orange peel 2 ounces.
Water 2 ounces.

Mix—A tea-spoonful 4 times daily, one before

each meal, and one before retiring. This will often cure a bad case of neuralgia, but the remedy like most all others must be persisted in.

SCARLET FEVER.

Sweet spirits of nitre 3 drams.
Camph. tinct. opii. 1 dram.
Camphor water 3 ounces.
Mix—Dose, a tea-spoonful in water every 2 hours.

SUMMER COMPLAINT.

Creosote 1 drop.
Lime-water two and one-half ounces.
Mix—A tea-spoonful to be given every hour to control vomiting and to check the bowels, alternated with the following:
Dover's powder 10 grains.
Ipecac 2 grains.
Sub. nit. bismuth 15 grains.
Mix—Divide into 12 powders, give one every 2 or 4 hours, as case requires.

BED WETTING OF CHILDREN.

Tinct. of nux vomica 12 drops.
Syrup of ginger 1 ounce.
Water 1 ounce.
Mix—Dose, tea-spoonful at bed-time.

DISCOLORATIONS OF SKIN.

Sugar of lead one-half ounce.
Glycerine 1 ounce.
Water 1 quart.
Mix and bathe the parts every hour.

FOR EPILEPSY.

Iodide of potassium 1 dram.
Bromide of potassium 1 dram.
Bromide of ammonium one-half dram.
Bicarbonate of potash 2 scruples.
Infusion of columbo 6 ounces.
Mix—Dose, a tea-spoonful before each meal and two tea-spoonfuls at bedtime, in water.

TOOTHACHE.

Tannin 20 grains.
Gum mastic 10 grains.
Ether one-half ounce.
Mix—Wet a piece of cotton with this and introduce into the aching tooth.

EARACHE.

Olive oil 1 ounce.
Sulph. morph. 5 grains.
Mix—Put 5 drops in the aching ear and plug up with cotton.

NO. 2.

Glycerine one-half ounce.
Laudanum 3 drams.
Mix—Put 3 drops in the ear and plug with cotton.

WHEALS OR PIMPLES.

Carbonate of potassa 20 grains.
Glycerine 2 drams.
Rose water 6 ounces.
Mix and use as a lotion.

ITCH LOTION.

Tar 2 ounces.

Whiskey 2 ounces.

Mix thoroughly and bathe night and morning with the lotion, or the following ointment:

Tar 1 ounce.

Clean lard 1 ounce.

Mix well.

Or:

Iodide of potash one-half ounce.

Lard 2 ounces.

Mix and apply to the parts twice a day.

MOIST TETTER.

Tar, soft soap, whiskey, and lard equal parts.

Rub well together and apply 2 times a day.

NO. 2.

Borax pulv. one-half ounce.

Starch powder one-half ounce.

Glycerine 1 ounce.

Lard 1 ounce.

Mix well and apply 2 or 3 times daily. Wash the parts once a day in milk and water, equal parts, and warm, with a little good Castile soap, taking the following for the blood:

Iodide of potassa 1 dram.

Tinct. cinchona 1 ounce.

Syrup simplex 3 ounces.

Aqua 1 ounce.

Mix—Table-spoonful before each meal.

NO. 3.

Oxide of zinc 1 dram.

Lard 1 ounce.

Mix and use twice daily. This has enjoyed a great name in cases of soft tetter.

LIME-WATER.

Lime 4 ounces unslacked.

Water clear and clean 1 gallon.

Mix and let it stand 3 or 4 hours, when it is ready for use; keep it well covered and corked. When needed the clear water may be poured off. It is given in cases of dyspepsia, diarrhea, vomiting and acidity of the stomach. Dose, from 1 to 4 ounces 3 or 4 times a day.

SOLUTION OF SUBACETATE OF LEAD.

Acetate of lead 16 ounces.

Litharge pulverized fine nine and one-half ounces.

Water one-half gallon.

Boil the two first in the water for one-half hour, occasionally adding water to keep up the measure, and then filter through paper, bottle and keep well corked. This solution is an astringent and sedative, but is employed only as an external application. It is *highly* useful in inflammation arising from sprains, bruises, burns or blisters, to which it is applied by means of linen cloths wet with the solution, and should be re-wet as often as they get dry. It always requires to be diluted, one ounce of the solution to a pint of water is strong enough for ordinary cases.

EPISTAXIS OR NOSE BLEED.

Tannin 30 grains.

Zinc sulph. 5 grains.

Pulv. gum arabic 1 ounce.

Mix and triturate to a very fine powder, until all is intimately mixed, and then use as a snuff at the time of bleeding, holding the head erect.

AROMATIC CONFECTION.

Aromatic powder 4 ounces.

Honey 4 ounces.

Mix, by rubbing the powder into the honey until a uniform mass is made. This is good and is given in debilitated state of the stomach. Dose is from 10 to 60 grains before *eating*.

NEUTRAL MIXTURE.

Lemon juice one-half pint.

Bicarbonate of potassa, a sufficient quantity.

Add the bicarbonate gradually to the lemon juice, until the acid is completely saturated. Then strain through muslin.

This is an excellent refrigerant diaphoretic, adapted to almost all cases of fever with a hot, dry skin, and especially to the paroxysms of our remittent fevers and intermittents. This is usually very grateful to the patient, and is particularly beneficial in the above cases. Sugar may be added if desired, and, should it seem to irritate the stomach, add a little morphine or laudanum. Dose, a table-spoonful diluted in water every 3 or 4 hours.

BLACK WASH.

Calomel 30 grains.

Lime-water 10 ounces.

Mix—This makes an excellent dressing for old and indolent ulcers, and will often induce them to heal when all else fails. It should be applied with a camel hair brush 3 times daily, in conjunction with other treatment, such as ointments, salves and constitutional remedies.

BORATE OF HONEY.

Borax, fine powder, 64 grains.

Clarified honey 1 ounce.

Mix—Use with a brush in aphthous sore mouths in children and nursing sore mouths in mothers.

CHALK MIXTURE.

Prepared chalk one-fourth ounce.

Gum arabic one-fourth ounce.

Syrup simplex one-half ounce.

Cinnamon water 8 ounces.

Triturate the chalk and gum arabic with the cinnamon water, then add the syrup. This is a convenient way of administering chalk and is much used in looseness of the bowels. A little laudanum or morphine may be added, to increase its astringency. The dose is a tea-spoonful often repeated. You will find to combine catechu and kino to this mixture it is particularly good in those obstinate cases of bowel trouble which we find in the fall of the year in certain localities.

ALMOND MIXTURE.

Take of sweet almond one-half ounce.
Gum arabic in fine powder 30 grains.
Sugar 120 grains (or 2 drams.)
Water one-half pint.

Beat the almond and gum arabic together with the sugar until they are thoroughly incorporated, then add the water, and after mixing, strain, when it is ready for use. This mixture is useful in cases of irritation of the stomach and bladder. It should be used freely. Dose, from 1 to 8 ounces daily. In warm weather it soon *sours*.

COMPOUND MIXTURE OF IRON.

Myrrh 1 dram.
White sugar 1 dram.
Carbonate of potassa 25 grains.
Sulphate of iron 1 scruple.
Spirits of lavender one-half ounce.
Rose water 8 ounces.

Rub the sugar, myrrh, and potassa, with the rose water gradually added, then with the spirits of lavender, and lastly with the sulphate of iron, and pour the mixture immediately into a bottle, which must be well stopped.

This mixture is a good tonic in debility of the digestive organs, especially when attended with derangement of the menstrual function. Hence it is used with advantage in chlorosis and hysterical affections. It has been employed in the hectic fever of phthisis and chronic catarrh. Dose, 1 or

2 ounces 3 or 4 times daily. Should not be used when there is inflammation of the stomach.

GENTIAN MIXTURE.

Gentian root sliced ¼ ounce.
Bitter orange-peel cut fine 30 grains
Coriander seed bruised 30 grains.
Alcohol 2 ounces.
Water one-half pint.

Macerate the gentian, orange-peel, and coriander in the alcohol 2 hours. Then add the water, macerate again 2 hours, and strain. A good tonic. Dose, 1 ounce 3 times a day.

COMPOUND MIXTURE OF LIQUORICE.

Extract of liquorice in fine powder one-half ounce.
Sugar in coarse powder one-half ounce.
Gum arabic one-half ounce.
Camphorated tinct. of opium 2 ounces.
Wine of antimony 1 ounce.
Sweet spirits of nitre one-half ounce.
Water 12 ounces.

Rub the liquorice, sugar and gum arabic together, with the water gradually added, and then add the other ingredients and mix thoroughly.

This is an exceedingly popular cough mixture. It is applicable in the advanced stages of catarrhal affections after expectoration has become established. Dose, tablespoonful to an adult, a teaspoonful to a child. It should be well shaken when administered.

SCAMMONY MIXTURE.

Resin of scammony 4 grains.

Milk 2 ounces.

Triturate the scammony with a little of the milk, adding the balance of the milk, and continue to triturate until the whole becomes a uniform emulsion.

This should only be prepared as wanted, and all of this should be taken at once. It is useful in a weak stomach, as it affords nourishment without any irritation to the mucus coats of the stomach.

BRANDY MIXTURE.

Best brandy 4 ounces.

Cinnamon water 4 ounces.

Yolk of 2 eggs.

Refined sugar one-half ounce.

Rub the yolk and sugar together, and then add the cinnamon water and the brandy.

This is a nutritious and stimulating draught, applicable to the sinking stage of low forms of fever. Dose, 1 table-spoonful every 3 hours.

INFUSION OF SASSAFRAS PITH.

Sassafras pith 2 drams

Water 1 pint.

Macerate for 3 hours and strain. It is much used as an application to the eye in an inflammatory condition of the conjunctiva. It may be taken as a drink *ad libitum* in inflammatory and febrile diseases, particularly inflammations of the mucus passages.

OIL OF CARAWAY FOR TOOTHACHE.

This oil has been found of late to give immediate relief to toothache when placed upon cotton and inserted into the cavity of a carious or other hollow tooth, with this advantage over other preparations, such as creosote or carbolic acid, in that it does not injure the tooth.

OIL OF WORMSEED.

Wormseed oil is used as an anthelmintic (that is to destroy worms) in the dose of from 4 to 8 drops for a child, repeated morning and evening for 3 or 4 days, and then to follow with a cathartic of castor oil. The above dose is enough for a child ten years old.

OIL OF PENNYROYAL.

This oil is a good remedy in flatulent colic and sick stomach, also to correct the effect of nauseating or griping medicines, and to impart flavor to mixtures. It is also employed as a domestic remedy in cases of amenorrhœa. The dose is from 2 to 10 drops.

OIL OF JUNIPER.

This oil is *stimulant*, *carminative* and *diuretic*, and may be employed with advantage in debilitated dropsical cases in connection with other remedies, especially digitalis. It is this oil which imparts to Holland gin its peculiar flavor and diuretic power. Sir James Simpson, of Edinburgh, considers it an efficient diuretic, when administered

through the lungs. A tea-spoonful of the oil is put into a vessel of hot water, and the patient is directed to inhale the vapors. The dose is from 5 to 15 drops 2 or 3 times a day, and may be considerably increased.

OIL OF LAVENDER.

This oil is chiefly used as a perfume, but it also posesses carminative and stimulant properties and is useful in cases of nervous languor and sick headache. The dose is from one to five drops.

OIL OF PEPPERMINT.

Oil of peppermint is stimulating and carminative, and is much used in flatulence, nausea and spasmodic pains of the stomach and bowels and as a corrigent or adjuvant of other medicines. The dose is from 1 to 3 drops, and is most conveniently given rubbed up with sugar, and then dissolved in water.

OIL OF HORSEMINT.

Applied to the skin it is powerfully rubefacient, quickly producing heat, pain, redness and even vesication. It has been employed externally in low forms of fever, cholera infantum, chronic rheumatism and other affections in which rubefacient and counter irritants are indicated. In ordinary cases it shouid be diluted with sweet oil or something of the kind, before being applied. It may be given internally as a stimulant or carminative, in the dose of 2 or 3 drops mixed with sugar and *water.*

RECTIFIED OIL OF AMBER.

Rectified oil of amber is stimulant and antispasmotic, and promotes the secretions, particularly that of urine. It has been employed with advantage in amenorrhœa and various spasmotic and convulsive affections, as tetanus, epilepsy, hysteria, whooping cough and infantile convulsions from intestinal irritation. The dose is from 5 to 15 drops, diffused in some aromatic water by means of sugar and gum arabic. Externally the oil is rubefacient, and is considerably employed as a liniment in chronic rheumatism and palsy and certain spasmotic disorders, as whooping cough and infantile convulsions. In the latter affection it should be rubbed along the spine, and was highly recommended by the late Dr. Joseph Parrish, mixed with an equal portion of laudanum and diluted with 3 or 4 parts of olive oil and brandy.

PILLS OF BARBADOES ALOES.

Barbadoes aloes 2 ounces.
Hard soap 1 ounce.
Oil of caraway 1 dram.
Confection of roses 1 ounce.
Beat all together until thoroughly mixed.

The soap in this formula not only serves to impart a consistence to the aloes, but it is thought to qualify its action and to diminish its liability to irritate the rectum. Five of these pills are considered enough for a cathartic dose, but the preparation is usually employed as a laxative in habitual

costiveness, in the quantity of 1, 2 or 3 pills, taken before breakfast or dinner or at bed-time. The above mass should be made or divided into 240 pills.

OIL OF VALERIAN.

This oil exercises the same effect on the system as the other preparations of valerian, and may be employed in all diseases of the nervous system with advantage. The dose of the oil is 4 or 5 drops, repeated 3 or 4 hours apart.

PILLS OF ALOES AND ASSAFETIDA.

Socotrine aloes in fine powder one-half ounce.

Assafetida one-half ounce.

Soap in fine powder one-half ounce.

Beat them together with a little water, so as to form a pilular mass, to be divided into 180 pills. These pills are peculiarly adapted by the stimulant and carminative properties of the assafetida to cases of costiveness attended with flatulence and debility of the digestive organs. From 2 to 5 may be given at a dose.

PILLS OF ALOES AND IRON.

Sulphate of iron 1½ ounces.

Barbadoes aloes in powder 2 ounces.

Compound powder of cinnamon 3 ounces.

Confection of roses 4 ounces.

Rub the whole together, forming a pilular mass, and make into 3-grain pills. The dose is from 1 to 3 pills.

It is said that the laxative power of the aloes is

increased and its tendency to irritate the rectum diminished by the combination with the sulphate of iron. This pill is especially adapted to amenorrhœa, with debility of the stomach and constipation.

PILLS OF ALOES AND MYRRH.

Socotrine aloes in fine powder 2 ounces.
Myrrh in fine powder 1 ounce.
Saffron in fine powder one-half ounce.
Syrup in sufficient quantity.

Mix the whole together thoroughly to form a pilular mass, to be divided into 480 pills. This pill is employed as a warm stimulant cathartic in general debility, attended with constipation and retention or suppression of the menses. From 3 to 6 pills is a dose, or from 10 to 20 grains of the mass.

PLUMMER'S PILL.

Sulphurated antimony 2 drams.
Mild chloride of mercury 2 drams.
Guaiac in fine powder one-half ounce.
Molasses one-half ounce.

Rub the first two together, and then with the last two, so as to form a pilular mass. To be divided into 240 pills. The combination is well adapted to the treatment of chronic rheumatism and of scaly and other eruptions of the skin, especially when accompanied with syphilitic taint. One to two pills may be given morning and evening.

COMPOUND PILL OF GAMBOGE.

Gamboge in powder 1 ounce.
Barbadoes aloes in powder 1 ounce.
Compound powder of cinnamon 1 ounce.
Hard soap in powder 2 ounces.
Syrup sufficient quantity.

Mix the powders together, add the syrup and beat the whole together into a uniform mass. The dose is from 1 to 3 pills. The above mass should be made into 480 pills. This is an active purgative pill, and is reliable to procure that effect and will please those using it.

COMPOUND CATHARTIC PILL.

Compound extract of colocynth ½ ounce.
Extract of jalap in fine powder 180 grains.
Mild chloride of mercury 180 grains.
Gamboge in fine powder 40 grains.

Mix the powders together, then with water form a pilular mass, to be divided into 180 pills. This is introduced to combine smallness of bulk with efficiency and comparative mildness of action and a peculiar tendency to the biliary organs. May be given in cases of bilious fever in the early stages, and in hepititis, jaundice and all those derangments of the alimentary canal, or disorders generally dependent upon congestion of the portal circulation.

COMPOUND PILL OF HEMLOCK.

Extract of hemlock two and one-half ounces.
Ipecac powdered one-half ounce.

Treacle sufficient quantity.

Mix the extract and ipecac, and add of treacle sufficient quantity to make a pill mass. Make 288 pills. The pill is an anodyne expectorant combination useful in chronic bronchial troubles. Dose, from 1 to 2 pills every 3 or 4 hours.

COMPOUND PILLS OF IRON.

Myrrh in fine powder 2 drams.
Carbonate of soda 1 dram.
Sulphate of iron 1 dram.
Syrup, a sufficient quantity.

Rub the myrrh with the carbonate of soda, and afterwards with the sulphate of iron, until they are thoroughly mixed, and then beat them up with the syrup to form a pilular mass, to be divided into 80 pills.

It is a good emmenagogue and antiseptic tonic. From 2 to 6 pills may be given at a dose 3 times a day.

PILLS OF CARBONATE OF IRON.

Sulphate of iron 8 ounces.
Carbonate of soda 9 ounces.
Clarified honey 3 ounces.
Sugar in coarse powder 2 ounces.
Boiling water 2 pints.
Syrup, a sufficient quantity.

Dissolve the salts separately, each in a pint of the water, a fluid ounce of the syrup added to each pint of the water. Mix the solutions when cold in a bottle just large enough to hold them. Close it

accurately with a stopper, and set it by, that the carbonate of iron may subside. Pour off the supernant liquid, and, having mixed water recently boiled with syrup in the proportion of a pint to the fluid ounce, wash the precipitate with the mixture until the washings no longer have a salty taste. Place the precipitate on a flannel cloth to drain, and, having expressed as much of the water as possible, mix it immediately with the clarified honey and sugar. Lastly, by means of a water bath, evaporate the mixture, constantly stirring until it is brought to the weight of 8 ounces. Make 480 pills.

The pills are admirably adapted to cases where iron is indicated. It is considered especially useful in chlorosis and amenorrhœ and other female complaints. It improves the coloring matter of the system, and produces red cheeks and lips. Dose, 1, 2 or 3 pills a day.

COMPOUND RHUBARB PILL.

Rhubarb in fine powder 1 ounce.
Socotrine aloes in fine powder 360 grains.
Myrrh in fine powder one-half ounce.
Oil of peppermint one-half dram.

Beat them together so as to make a pilular mass; to be divided into 240 pills. This is a warm laxative tonic, useful in costiveness with debility of stomach. From 2 to 4 pills may be taken twice a day or from 10 to 20 grains of the mass.

COMPOUND PILLS OF ASSAFETIDA.

Galbanum 360 grains.

Myrrh 360 grains.

Assafetida 120 grains.

Syrup, a sufficient quantity.

Beat them together so as to form a pilular mass, to be divided into 240 pills.

This compound is given as an anti-spasmodic and emmenagogue in chlorosis and hysteria, in that nervous class of females who are peculiarly apt to have these diseases. The dose is from 1, 2, 3 or 4 pills at a dose every 4 hours during the day time, and the use of the pills should be persisted in.

SEIDLITZ POWDERS.

Bicarbonate of soda in fine powder 1 ounce.

Tartrate of potassa and soda in fine powder 3 ounces.

Tartaric acid in fine powder 420 grains.

Mix intimately the bicarbonate of soda and tartrate of potassa and soda. Divide this mixture into 12 equal powders. Then divide the tartaric acid into an equal number of powders, with paper of a different color. When used dissolve 1 powder in a glass ¼ full of water, dissolving tartaric acid 1 powder in another glass with an ounce of water. Then turn them together and drink while foaming. These powders are refrigerant and aperient, and generally very acceptable to the stomach. One pair of them will generally operate slightly. The dose may be repeated every 3 or 4

hours until the desired effect is had. They may be flavored by adding syrup of ginger, or orange peel or lemon to one of the glasses before admixture.

PILLS OF IPECAC AND SQUILLS.

Compound powder of ipecac 3 ounces.
Squill in powder 1 ounce.
Ammoniacum in powder 1 ounce.
Treacle a sufficiency.

Mix the powders and beat into a mass with the treacle, and divide into 280 pills. This is a good combination of expectorants along with a little opium to allay irritation and restlessness; well adapted to chronic catarrh with either deficient or greatly excessive expectoration, and to the advanced stages of the acute disease offering similar indications. Dose, 1 to 3 pills 3 or 4 times a day.

COMPOUND POWDER OF CINNAMON.

Cinnamon in fine powder 2 ounces.
Ginger in fine powder 2 ounces.
Cardamon deprived of the capsules in fine powder 1 ounce.
Nutmeg in fine powder 1 ounce.

Rub them together until they are thoroughly mixed. This is stimulant and carminative, and may be given in the dose of from 10 to 30 grains in cases of enfeebled digestion with flatulence, but it is chiefly used as a corrigent and adjuvant of other medicine.

AROMATIC POWDER OF CHALK.

Cinnamon bark in powder 4 ounces.
Nutmeg in powder 3 ounces.
Saffron in powder 3 ounces.
Cloves in powder 1½ ounces.
Cardamom seeds in powder 1 ounce.
Refined sugar in powder 25 ounces.
Prepared chalk 11 ounces.

Mix them thoroughly, pass the powder through a fine sieve, and finally rub it lightly in a mortar, and keep in a well stopped bottle.

It is a warm stimulant and astringent as well as antacid, and is well calculated for diarrhea with acidity of the stomach, and without inflammation.

The dose is from 30 to 60 grains, given in mucilage or sweetened water, and frequently repeated.

AROMATIC POWDER OF CHALK AND OPIUM.

Aromatic powder of chalk 9¾ ounces.
Opium in powder ¼ ounce.

Rub thoroughly together, pass it through a fine seive, rub lightly in a mortar, and keep in a well stopped bottle.

The addition of the opium greatly increases the efficacy of the compound powder of chalk in diarrhœa, and its equal diffusion through the powder presents this advantage, that it may be conveniently given in minute doses to children. For

adults the dose is from 10 to 20 grains, repeated several times a day after every evacuation.

DOVER'S POWDER.

Ipecac in fine powder 1 dram.
Opium in fine powder 1 dram.
Sulphate of potassa 1 ounce.

Rub them together into a fine powder. Ten grains of the powder contains 1 grain of the opium. The preparation is applicable in all cases not attended with much fever, cerebral diseases or sick stomach, in which there is an indication for profuse diaphoresis, especially in painful affections or those connected with unhealthy discharges. It is admirably adapted to the phlegmasia, particularly rheumatism and pneumonia when complicated with a typhoid tendency or after sufficient depletion. Under similar circumstances it is useful in dysentery and diarrhea and various hemmorrhages, especially that from the uterus. It is sometimes given in dropsy. In bowel affections, and whenever the hepatic secretion is deranged, it is frequently given combined with small doses of calomel. The dose is from 5 to 15 grains given difused in water, syrup, etc., repeated every 4 or 6 hours. Its diaphoretic effect may be promoted by warm drinks, such as lemonade, balm tea, which must not be given directly after the powder, as they might provoke vomiting.

COMPOUND POWDER OF JALAP.

Jalap in fine powder 1 ounce.

Bitartrate of potassa in fine powder 2 ounces.

Rub them together until they are thoroughly mixed. The bitartrate by being rubbed with the jalap is thought to favor its more minute division, while it increases its hydragogue effect. A combination of these two ingredients, though, with a larger proportion of cream of tartar forms a good cathartic in dropsy and scrofulous diseases of the joints and glands. The dose of the powder is from 30 grains to a dram 3 or 4 times a day if necessary.

POWDER OF KINO AND OPIUM.

Kino in fine powder 3¾ ounces.

Opium in fine powder one-fourth ounce.

Cinnamon bark in fine powder 1 ounce.

Mix them thoroughly, pass the powder through a fine sieve and finally rub it lightly in a mortar. Keep it in a well stopped bottle. This is an anodyne astringent powder, useful in some forms of diarrhœa. The dose is from 5 grains to 60 grains. Twenty grains contains 1 grain of the opium. The dose for a child may be about one-half the above dose.

COMPOUND POWDER OF OPIUM.

Opium in fine powder 1½ ounces.

Black pepper in fine powder 6 ounces.

Ginger in fine powder 5 ounces.

Caraway seed in fine powder 6 ounces.

Tragacanth in powder ½ ounce.

Mix them thoroughly, pass the powder through a fine sieve, and finally rub lightly in a mortar. Keep in a well stopped bottle.

Dose from 5 to 30 grains. Applicable to many forms of bowel troubles, where there are frequent watery discharges.

COMPOUND POWDER OF TRAGACANTH.

Tragacanth in powder 1 ounce.
Gum arabic in powder 1 ounce.
Starch in powder 1 ounce.
Refined sugar in powder 3 ounces.
Rub them well together.

This is applicable to the general purposes of demulcents. The dose is from 10 to 60 grains 3 or 4 times daily.

COMPOUND SPIRITS OF HORSE RADDISH.

Horse radish root scraped 2 ounces.
Bitter orange peel cut small and bruised 2 ounces.
Nutmeg bruised one-half ounce.
Alcohol 1 gallon.
Water 1 quart.

Mix and distil a gallon with moderate heat This may be used advantageously as an addition to diuretic remedies, in dropsy attended with debility, especially in cases of drunkards. The dose is from 1 to 4 drams.

COMPOUND RHUBARB POWDER.

Rhubarb in fine powder 4 ounces.

Magnesia 12 ounces.

Ginger in fine powder 2 ounces.

Rub them together until they are thoroughly mixed. This is a good laxative antacid, well adapted to bowel complaints, especially in children. The dose for an adult is from 10 to 60 grains.

SYRUP OF GARLIC.

Garlic sliced and bruised 6 ounces.

Sugar refined in coarse powder 24 ounces.

Dilute acetic acid 1 pint.

Macerate the garlic with 10 ounces of the acetic acid in a glass vessel 4 days, and express the liquid. Then mix the residue with the remainder of the acid and again express until sufficient liquid has been obtained to make the whole, when filtered, measure a pint; lastly introduce the sugar into a two-pint bottle, pour upon it the filtered liquid and agitate until it is dissolved. The syrup is given in chronic catarrhal affections of the lungs and is particularly beneficial in infantile cases, by the stimulus which it affords to the nervous system. A tea-spoonful may be given for a dose to a child 1 year old, repeated every 1, 2, or 3 hours and persisted in for a length of time. It is also good in recent coughs and colds, and the dose may be much increased for an adult, and day by day the dose may be increased in any case.

COMPOUND SPIRITS OF JUNIPER.

Oil of juniper 1½ drams.
Oil of caraway 10 drops.
Oil of fennel 10 drops.
Dilute alcohol 8 pints.
Dissolve the oils in the dilute alcohol.

This spirit is a useful addition to diuretic infusions and mixtures in debilitated cases of dropsy. Dose, from 2 to 4 drams every 3 or 4 hours.

ESS. LEMON.

Oil lemon 2 ounces.
Lemon peel freshly grated 1 ounce.
Strong alcohol 2 pints.

Dissolve the oil in the alcohol and add the peel, and let it macerate 24 hours. Filter through paper. Used only as flavoring.

SYRUP OF ALMOND.

Sweet almonds 12 ounces.
Bitter almonds 4 ounces.
Sugar refined in coarse powder 72 ounces.
Water 3 pints.

Having blanched the almonds, rub them in a mortar to a very fine paste, adding during the trituration 3 ounces of water and 12 of sugar. Mix the paste with the remainder (thoroughly) of the water, strain with strong expression, add to the strained liquid the remainder of the sugar and dissolve it with the aid of gentle heat. Lastly strain the solution through muslin, and having allowed it to cool, keep it in well stopped bottles in a cool

place. This is an excellent and elegant syrup. It is demulcent, nutritive and in consequence of the hydrocyanic acid of the bitter almonds somewhat sedative. It is said to impair greatly the odor of musk and assafetida when mixed with them. It may be added to cough mixtures or used in flavoring drinks in complaints of the chest. The dose is 1 to 2 drams every 3 or 4 hours.

SYRUP OF ORANGE PEEL.

Sweet orange peel recently dried 2 ounces.
Carbonate of magnesia one-half ounce.
Sugar in coarse powder, refined, 28 ounces.
Alcohol, a sufficient quantity.
Water, a sufficient quantity.

Moisten the orange peel with one-half an ounce of alcohol, introduce it into a conical percolator, and pour alcohol upon it until 6 ounces of the tincture has passed. Evaporate this at a temperature not exceeding 120° to 2 ounces. Add the carbonate of magnesia and 1 ounce of the sugar, and rub them together, gradually adding half a pint of water during the trituration. Then filter, and, having added sufficient water to make the liquid measure a pint, dissolve in it the remainder of the sugar with the aid of a gentle heat, and strain.

The syrup has an agreeable flavor, for which alone it is employed. Combined with other mixtures to make the taste more agreeable is its great use. For cough mixtures of different kinds, and for

taking the different medicines administered in powder form it will be found very acceptable.

SYRUP OF IPECAC.

Fluid extract of ipecac 2 ounces.

Syrup simplex 34 ounces.

Mix—This syrup is chiefly applicable to cases of children. The dose of it is, as an emetic, for an adult, from 4 drams to an ounce; for a child 1 or 2 years old 20 to 60 drops, repeated every 15 or 20 minutes until it acts.

SYRUP OF POPPIES.

Poppy capsules dried, freed from seeds and coarsely powdered 36 ounces.

Alcohol 1 pint.

Refined sugar 4 pounds.

Boiling water a sufficient quantity.

Mix the poppy capsules with 4 pints of the water and infuse for 24 hours, stirring them frequently, then take them in a percolator and adding more water, allow the liquor to slowly pass until about 2 gallons are obtained or the poppies are exhausted, evaporate the liquor by a water bath until it is reduced to 3 pints; when quite cold add the spirit, let the mixture stand for 12 hours and filter, distill off the spirit, evaporate the remaining liquor to two pints and then add the sugar; the product should weigh 6½ pounds. The syrup of poppies is employed chiefly in infantile cases to allay cough, quiet restlessness, relieve pain and promote sleep. The dose is from half a fluid dram, to an infant, to

half a fluid ounce, to an adult, increased as the case may require, given every 2 or 3 hours.

SYRUP OF LEMON.

Lemon juice recently expressed and strained 1 pint.

Sugar refined in coarse powder 48 ounces.

Water 1 pint.

Mix the lemon juice and water, and, having added the sugar, dissolve it with the aid of gentle heat, and strain the solution while hot.

This syrup forms a cooling and grateful addition to beverages in febrile complaints, and serves to conceal the taste of saline purgatives in solution. It may be combined with cough mixtures and other liquid preparations of medicines that have a bad taste, and may be used *ad libitum*, as it is harmless in its effects upon the stomach or system.

AROMATIC SYRUP RHUBARB.

Rhubarb in moderately fine powder two ounces and a half.

Cloves in moderately fine powder one-half ounce.

Cinnamon in fine powder one-half ounce.

Nutmeg in moderately fine powder 2 drams.

Syrup 6 pints.

Dilute alcohol a sufficient quantity.

Mix the powders and having moistened the mixture with 2 ounces of the dilute alcohol, introduce it into a conical percolator and pour dilute alcohol upon it until a pint of tincture has passed; add to

this the syrup previously heated and mix them thoroughly. This syrup of rhubarb is a warm stomach laxative too feeble for adult cases but well calculated for the bowel complaints of children which occurs so frequently in all our large cities during the summer season. The dose is for an infant with diarrhea 1 dram every 2 hours until the passages indicate by their color that the medicine has had its effect.

SYRUP OF RED ROSES.

Red roses in moderately fine powder 1 ounce.
Sugar refined in coarse powder 18 ounces.
Dilute alcohol, sufficient quantity.
Water, sufficient quantity.

Moisten the roses with dilute alcohol, pack it firmly in a conical glass percolator, and gradually pour dilute alcohol on it until a fluid ounce of tincture has passed. Set this aside and continue the percolation until 5 ounces more are obtained. Evaporate this with gentle heat to 1½ ounces, and mix it with 7 ounces of water. Then having added the sugar, dissolve it with the aid of a gentle heat, and strain the solution while hot. Lastly, when the solution is cold, add the fluid ounce of reserved tincture, and mix them well.

The syrup of red roses is mildly astringent, but is valued more for its fine red color, on account of which it is frequently added to mixtures. The dose is a fluid dram, repeat every hour, for its astringent effect.

TINCTURE OF BELLADONNA.

Belladonna leaf recently dried and in fine powder 4 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with 2 ounces of diluted alcohol, pack it firmly in a conical percolator, and gradually pour dilute alcohol upon it until 2 pints of the tincture is obtained.

This tincture is used in many fevers, and the dose is from 5 to 15 drops every 3 or 4 hours.

COMPOUND TINCTURE OF BENZOIN.

Benzoin in coarse powder 2 ounces.

Prepared storax 1½ ounces.

Balsam tolu one-half ounce.

Socotrine aloes 160 grains.

Alcohol 1 pint.

Macerate for 7 days in a closed vessel, with occasional agitation, then filter, and add sufficient alcohol to make a pint if reqired.

This tincture is a stimulating expectorant, occasionly used in chronic catarrhal affections. It has been recommended also in chronic dysentery, but is mostly used externally to indolent ulcers and chapped nipples.

TINCTURE OF COLUMBO.

Columbo moderately fine powder 4 ounces.

Dilute alcohol, sufficient quantity.

Moisten the powder with 1 ounce diluted alcohol, transfer it to a conical percolator, and

gradually pour dilute alcohol upon it until 2 pints of tincture is obtained.

The tincture of columbo may be added to tonic infusions and decoctions to increase their stimulant powers, but, like all the other bitter tinctures, should be used with caution.

The dose is from 1 to 2 drams.

TINCTURE OF SPANISH FLIES.

Spanish flies in fine powder 1 ounce.

Dilute alcohol, a sufficient quantity.

Moisten the powder with one-half ounce of dilute alcohol, pack it in a conical percolator, and gradually pour upon it dilute alcohol until 2 pints of the tincture is obtained.

This tincture is one of the most convenient forms for the internal use of Spanish flies, the virtues of which it possesses to their full extent. It is one of the most powerful stimulants we have. Dose, 20 to 60 drops 3 or 4 times daily.

TINCTURE OF CARDAMOM.

Cardamom in moderately fine powder 4 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with 4 ounces of dilute alcohol, pack in a conical percolator, and pour on dilute alcohol gradually until 2 pints of the tincture is obtained.

This tincture is an agreeable aromatic stimulant, and may be added with advantage to infusions, decoctions and mixtures, especially those of a purgative kind. The dose is 1 to 2 fluid drams.

TINCTURE OF CAYENNE PEPPER.

Capsicum in fine powder 1 ounce.

Dilute alcohol, a sufficient quantity.

Moisten the powder with half an ounce of dilute alcohol, pack it into a conical percolator, and gradually pour on it dilute alcohol until 2 pints of the tincture is obtained.

This preparation of capsicum is a very useful stimulant in very low states of the system with gastric insensibility, as in malignant, scarlet and typhus fevers, and the cases of drunkards. Dose, 1 or 2 drams.

COMPOUND TINCTURE OF CARDAMOM.

Cardamom in moderately fine powder 360 grains.

Caraway in moderately fine powder 120 grains.

Cinnamon in moderately fine powder 300 grains.

Cochineal in moderately fine powder 60 grains.

Clarified honey 2 ounces.

Dilute alcohol a sufficient quantity.

Mix the powders, and having moistened the whole with one-half ounce of dilute alcohol, pack it in a cylindrical percolator and pour on dilute alcohol until 2 pints and 6 ounces of the tincture is obtained; lastly mix this with the clarified honey and filter through paper. This is a very agreeable aromatic tincture, occasionaly used as a carminative in the dose of 1 or 2 drams, but more frequently as an addition to mixtures, infusions, etc.

TINCTURE OF CHIRETTA.

Chiretta 2 ounces cut small and bruised.

Proof spirits 1 pint.

Mix and let stand 1 day, occasionally agitate, and then filter through paper. This is a tonic tincture and may be given in the dose of 1 or 2 drams 3 or 4 times a day.

TINCTURE OF CATECHU.

Catechu in moderately fine powder 3 ounces.

Cinnamon in moderately coarse powder 2 ounces.

Dilute alcohol a sufficient quantity.

Mix the powders and having moistened the mixture with an ounce of dilute alcohol pack it in a conical glass percolator and gradually pour on dilute alcohol until 2 pints of the tincture is obtained. This is a grateful astringent tincture, useful in all cases in which catechu is indicated and in which small quantities of spirits is not objectionable. In cases of diarrhea combined with some mucilaginous mixture it may be given in 10 or 30 drop doses.

COMPOUND TINCTURE OF CHLOROFORM.

Chloroform 2 ounces.

Rectified spirits 8 ounces.

Compound tincture of cardamoms 10 ounces.

Mix the whole.

This is a convenient form of chloroform for internal use. Dose is from 20 to 60 drops.

TINCTURE OF CINCHONA OR PERUVIAN BARK.

Yellow cinchona in moderately fine powder 6 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with 2 ounces dilute alcohol, pack it firmly in a glass percolator, and gradually pour dilute alcohol on until 2 pints of the tincture is obtained.

This tincture is used chiefly as an adjunct to the infusion or decoction of bark, or the solution of sulphate of quinine, to a dose of which it may be added in the quantity of from 1 to 2 fluid drams. It is tonic in its character, and may be used with that view.

TINCTURE OF CINNAMON.

Cinnamon in fine powder 3 ounces.

Alcohol, a sufficient quantity.

Water, a sufficient quantity.

Mix the alcohol and water in the proportion of 2 measures of the former to 1 of the latter, then moisten the powder with 1 ounce of the mixture, pack it moderately in a conical percolator, and gradually pour the mixture on it until 2 pints of the tincture is obtained.

This tincture has the aromatic and astringent properties of cinnamon, and may be used as an adjuvant to infusions and decoctions. Dose is 1 to 3 drams.

TINCTURE OF COCHINEAL.

Cochineal in powder 2½ ounces.

Proof spirits 1 pint.

Macerate for 7 days in a closed vessel, with occasional agitation, strain, press, filter, and add sufficient proof spirits to make 1 pint.

This is valued chiefly for imparting color to liquid preparations. It may, however, be given internally in nervous affections, in doses varying from 20 drops to 1 dram.

TINCTURE OF COLCHICUM.

Colchicum seed in moderately fine powder 4 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with 1 ounce of dilute alcohol, pack in a cylindrical percolator, and gradually pour on dilute alcohol until 2 pints of the tincture is obtained.

This tincture possesses the active principles of colchicum, and may be given whenever that medicine is indicated.

The dose is 30 to 60 drops. It does well in rheumatic, neuralgic and gouty affections.

TINCTURE OF CUBEBS.

Cubebs in moderately fine powder 4 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with an ounce of dilute alcohol, pack in a conical percolator, and gradually pour on dilute alcohol until 2 pints of the tincture is obtained.

This is a carminative, and has been used with great advantage in long standing cases of gonorrhœa. Dose, from 30 to 60 drops.

TINCTURE OF FOX-GLOVE OR DIGITALIS.

Digitalis recently dried and in fine powder 4 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with 2 ounces of dilute alcohol, pack it firmly in a percolator, and pour on gradually dilute alcohol until 2 pints of the tincture is obtained.

The dose is from 10 to 20 drops 2 or 3 times a day, increased cautiously if necessary. This has been used in certain dropsical cases with great benefit; also in certain forms of heart disease. To do good it must be persisted in for a length of time.

SYRUP OF BLACKBERRY ROOT.

Blackberry root in moderately fine powder 8 ounces.

Syrup simplex one-half pint.

Dilute alcohol, a sufficient quantity.

Introduce the powder, previously moistened with 4 ounces of the dilute alcohol, into a glass percolator, and pour dilute alcohol upon it until 1½ pints of tincture have passed. Evaporate this by means of a water bath to a half pint, at 160°. Then mix it while hot to the syrup previously heated and strained.

This is very useful in the chronic forms of diarrhœa and looseness of the bowels as it occurs in the summer season. It will be found very useful also in the dysentery, where there is a good deal of tenesmus and blood passing, with frequent desire to stool. A little of the blackberry brandy combined with the syrup in those cases will be found of great value. The dose of the syrup is 1, 2 or 3 drams every 2 or 3 hours.

TINCTURE OF ALOES AND MYRRH.

Socotrine aloes in moderately fine powder 3 ounces.

Myrrh in moderately fine powder 3 ounces.

Saffron in moderately coarse powder 1 ounce.

Alcohol, sufficient quantity.

Mix the powders, and, having moistened the mixture with 2 ounces of alcohol, pack it moderately in a conical percolator, and gradually pour alcohol upon it until 2 pints of tincture are obtained.

This tincture may also be prepared by macerating the powder in 2 pints of alcohol for 14 days and filtering through paper.

This tincture is purgative, tonic and emmenagogue, and is considerably employed in chlorosis and other disordered states of health in females, connected with suppressed, retained or deficient menstruation, and with a constipated state of the bowels. It may also be used as a stomachic laxa-

tive in cold, languid habits, independently of menstrual disorders.

The dose is from 1 to 2 fluid drams, repeated at intervals of 2 or 3 hours, as the case requires.

TINCTURE OF ARNICA.

Arnica flowers 6 ounces.

Alcohol 1½ pints.

Water ½ pint.

Dilute alcohol sufficient quantity.

Mix the alcohol and water, and having moistened the arnica slightly with the mixture bruise it thoroughly through the mortar, then pack it firmly in a cylindrical percolator and pour upon it first the remainder of the mixture and afterwards sufficient diluted alcohol to make the tincture measure 2 pints. Use either alone or diluted with water, soap, liniment, etc. Tincture of arnica is often applied properly to bruises, sprains, tumors and local rheumatic pains, under the impression that it has extraordinary healing powers. It probably acts favorably in some instances as a gentle irritant. If given internally the dose would be from 30 drops to 2 drams. It would always be well for families to keep this tincture on hand as it is a valuable domestic medicine.

TINCTURE OF ASSAFETIDA.

Assafetida bruised 4 ounces.

Alcohol 2 pints.

Macerate for 14 days and filter through paper. This tincture becomes milky on the addition of

water, in consequence of the separation of the resin. It posesses all the virtues of assafetida. The dose is 30 to 60 drops. It should be employed in all nervous cases and a few drops on sugar may be given with advantage to young children, in whooping-cough.

TINCTURE OF GUAIAC.

Guaiac in moderately coarse powder 6 ounces.

Alcohol a sufficient quantity.

Mix the powder thoroughly, with an equal bulk of dry sand, and pack it moderately in a percolator, cover it over with sand and pour gradually upon it alcohol, until 2 pints of the tincture is obtained. Its chief use in is rheumatism and gout, but it has been used effectually in suppression of the menses and dysmenorrhœa. Dose, 1 to 2 drams 3 or 4 times a day.

COMPOUND TINCTURE OF GENTIAN.

Gentian in moderately fine powder 1 ounce.

Cardamom in moderately fine powder one-half ounce.

Dilute alcohol a sufficient quantity.

Moisten the powders, having mixed them with 1½ ounce of dilute alcohol, pack in a glass percolator, and gradually pour on dilute alcohol until 2 pints of the tincture is obtained. This tincture is an elegant bitter, much used in dyspepsia, and as an addition to tonic mixtures, in debilitated states of the digestive organs, or of the system generally. The dose is 1 or 2 drams every 3 or 4 hours.

TINCTURE OF ORANGE PEEL.

Bitter orange peel cut and bruised 2 ounces.

Alcohol 1 pint.

Macerate for 7 days in a closed vessel with occasional agitation, then strain, press, filter, and add sufficient alcohol to make 1 pint. The tincture of orange peel is used as a grateful addition to infusions, decoctions, and mixtures. Dose is 1 or 2 fluid drams.

AMMONIATED TINCTURE OF GUAIAC.

Guaiac in moderately coarse powder 6 ounces.

Aromatic spirits of ammonia 2 pints.

Macerate for 7 days and filter through paper. This tincture is celebrated in the treatment of chronic rheumatism and is frequently used with great effect in cases of *amenorrhœa.* It is stimulative and is decomposed in water, and should be given in mucilage or syrup. Dose is 1 or 2 drams.

TINCTURE OF LOBELIA.

Lobelia in fine powder 4 ounces.

Dilute alcohol a sufficient quantity.

Moisten the powder with 2 ounces of dilute alcohol, pack it firmly in a conical percolator, and gradually pour upon it dilute alcohol until 2 pints of the tincture is obtained. This tincture possesses the emetic and narcotic properties of lobelia, and is much used in asthma, in doses from 1 to 2 drams repeated every 3 or 4 hours. It has been used with benefit as a topical application in *erysipelas.*

COMPOUND TINCTURE OF CAMPHOR.

Opium, dried, in moderately fine powder 1 dram.

Benzoic acid 1 dram.

Camphor 4 grains.

Oil of anise one-half dram.

Clarified honey 2 ounces.

Dilute alcohol 2 pints.

Macerate for 7 days and filter through paper.

This is the well-known paregoric elixer. It is a very pleasant anodyne and anti-spasmodic, much used to allay cough in chronic catarrh, asthma and chronic consumption, pertussis, etc., to relieve nausea and slight pains in the stomach and bowels, to check diarrhœa, and in infantile cases to procure sleep.

Dose, for an infant from 5 to 25 drops, for an adult from 1 to 3 drams.

TINCTURE RHUBARB AND SENNA.

Rhubarb in moderately coarse powder 1 ounce.

Senna in moderately coarse powder 2 drams.

Red sanders in moderately coarse powder 2 drams.

Corianders in moderately coarse powder 30 grains.

Fennel in moderately coarse powder 30 grains.

Liquorice in moderately coarse powder 30 grains.

Raisins deprived of their seeds 6 ounces.

Dilute alcohol 3 pints.

Macerate for 14 days, express, and filter through paper.

This is the stomachic so well known and so much used in this country under the name of Warner's gout cordial. It is a feeble purgative, usually acceptable to the stomach, and well adapted to cases of costiveness, with gastric uneasiness, in persons of a gouty habit and accustomed to the free use of alcoholic drinks.

The dose is from 1 to 2 fluid ounces 3 or 4 times daily.

TINCTURE OF QUASSIA.

Quassia in moderately fine powder 2 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with an ounce of dilute alcohol, pack in a percolator, and gradually pour on dilute alcohol until 2 pints of the tincture is obtained. It is a pure and intense bitter, and may be employed whenever a tonic is indicated. Dose, 1 to 2 drams.

TINCTURE OF BLOOD-ROOT.

Blood-root in moderately fine powder 4 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with an ounce of dilute alcohol, pack in a conical percolator, and gradually pour on dilute alcohol until 2 pints of the tincture is obtained.

This will prove emetic in the dose of 3 or 4 drams, but it is rather intended to act as a stimulant to the stomach, expectorant or alterative, for

which purpose from 30 to 60 drops may be given, repeated 3 or 4 times daily.

TINCTURE OF VIRGINIA SNAKE-ROOT.

Serpentaria in moderately fine powder 4 ounces.

Dilute alcohol, a sufficient quantity.

Moisten the powder with an ounce of dilute alcohol, pack into a conical percolator, and pour upon it dilute alcohol until 2 pints of the tincture is obtained.

This tincture possesses the tonic and cordial properties of the root, and may be advantageously added to the infusion of Peruvian bark in low states of the system.

The dose is 1 or 2 drams.

COMPOUND TINCTURE OF SENNA.

Senna broken small 2½ ounces.

Raisins freed from seeds 2 ounces.

Caraway fruit bruised one-half ounce.

Coriander fruit bruised one-half ounce.

Proof spirits 1 pint.

Macerate 14 days, strain, filter and bottle for use.

This tincture is a warm, cordial purgative, useful in costiveness attended with flatulence, and in atonic gout, especially when occurring in intemperate persons. It is also added to cathartic infusions and mixtures. Dose, from 1 to 2 ounces.

In giving the foregoing formulas for tinctures I

have followed the U. S. Pharmacopea closely, so that any of these tinctures will be just the same as those you get in the drug stores. You can make any of them by following the directions given, and they will cost you from two hundred to five hundred per cent. less than to buy them. You can select those you think would be useful to you, and can make them and keep them on hand. They do not spoil.

FARRIER'S DIVISION.

HOLM'S LINIMENT.

Oil organum 1 ounce.
Oil hemlock 1½ ounces.
Aqua ammonia 1 ounce.
Spts. camphor 1½ ounces.
Oil spike 1 ounce.
Alcohol 1 pint.

Mix—This liniment is for sprains and bruises, and has been used by a farrier by the name of Holm, of Wayne county, Ohio, who has used it with great benefit.

FOR STIFLE.

Ashes of ivy 4 ounces.
Castile soap 2 ounces.
White vitriol 1 ounce.

Mix and rub on and in well, with the aid of heat. Alcohol 4 ounces may be added if the application is desired stronger. This will strengthen the ligaments after the dislocation has been reduced, and will be found of great service.

FOR SCRATCHES.

Tannin one-half ounce
Sugar lead 2 drams.
White vitriol 2 drams.
Turpentine 2 ounces.
Mix—Apply twice daily, and give a table-spoonful of McMillan's condition powders twice a day.

NO. 2.

Lime water 4 ounces.
Linseed oil 4 ounces.
Mix—Apply twice daily, and give McMillan's condition powders as above.

FLATULENT COLIC.

Chlorate of pot. one-half ounce.
Sulphuric ether 1 ounce.
Tinct. aloes 3 ounces.
Water 1 pint.
Mix and drench.

NO. 2.

Creosote 10 drops.
Water 1 pint.
Mix and drench.

NO. 3.

Chloroform 1 ounce.
Whiskey 2 ounces.
Soda one-half ounce.
Water 1½ pints.
Mix and drench.

After, McMillan's condition powders table-spoonful 2 or 3 times daily.

FOR MANGE.

Sulphur 8 ounces.
Arsenic pulv. 2 drams.
Mercurial oint. 2 ounces.
Lard 8 ounces.
Mix—Dress the parts affected once a day.

SORE EYES.

Sugar lead 1 dram.
Sulph. zinc one-half dram.
Water 1 pint.
Mix—Put into the eye every 4 hours for inflammation.

NO. 2

Brandy 1 ounce.
Infusion of green tea 3 ounces.
Tincture opium 1 dram.
Infusion red roses 4 ounces.
Mix—Put into the eye 5 or 10 drops 4 times a day with a drop syringe.

NO. 3.

Tinct. sanguinarie 1 ounce.
Water 1 pint.
Mix—Apply to eye 3 or 4 times a day with drop syringe.

NO. 4.

Arnica tinct. 1 ounce.
Water 4 ounces.
Mix—Apply 20 drops every 4 hours. Will cure inflammation of the eye sure.

NO. 5.

Rose water 3 ounces.
Spirits minderus 2 ounces.
Mix—Apply 10 or 15 drops 2 or 3 times daily.

FOR SPRAINS AND RING-BONES.

Cantharides 2 ounces.
Mercurial ointment 5 ounces.
Laudanum 2 ounces.
Turpentine 3 ounces.
Zinc sulph. 1½ ounces.
Tincture iodine 2 ounces.
Oil origanum 2 ou
Castile soap 2 ou
Camphor gum 1 ounce.
Resin 2 ounces.
Venice turpentine 1 ounce.
Corrosive sublimate 4 drams.
Lard 2 pounds.

Melt the lard, then add the mercurial ointment, stir until it is melted, then add the other ingredients and continue to stir until it is cool and thick. Cut the hair off and rub in thoroughly, in two days apply sweet oil to save the hair, in two days more wash with water and apply the ointment again. Repeat this process until cured.

COLORING.

Lime unslacked 2 ounces.
Litharge 2 ounces.
Mix with rain water 4 ounces.
Mix and bind on for 6 or 8 hours.

HOOF OINTMENT.

Resin 4 ounces.
Beeswax 6 ounces.
Lard 2 pounds.
Turpentine 3 ounces.
Verdigris 2 ounces.
Tallow 1 pound.
Mix with the aid of heat.

Stir constantly until melted and then set off to cool, and stir until cool. This is one of the best hoof ointments in use, also good for corks and bruises.

SWELLING OF THE LEGS.

Oil of cedar 4 ounces.
Tincture of capsicum 2 ounces.
Rum 1 quart.

Mix—Rub the leg thoroughly twice a day with this, and give a table-spoonful of McMillan's condition powders.

NERVE AND BONE OINTMENT.

Turpentine 1 ounce.
Origanum oil 1½ ounces.
Oil spike 1 ounce.
British oil 2 ounces.
Tincture myrrh compound 2 ounces.
Tincture capsicum 1 ounce.
Tincture camphor 2 ounces.
Palm oil 2 ounces.

Mix—Apply 3 or 4 times daily. This is one of the very best applications for sprains, bruises, cuts,

and particularly rheumatism. It has been sold repeatedly for $10.00 and is one of the best. No man or family can afford to be without it. It is equally applicable to man and beast. Get your druggist to put it up for you, use it, and you will prove its value.

BLUE OINTMENT.

Resin 4 ounces.
Verdigris one-half ounce.
Turpentine 2 ounces.
Mutton tallow 2 pounds.
Oil origanum one-half ounce.
Tinct. iodine one-half ounce.
Mix thoroughly with the aid of heat.

This is an excellent remedy for scratches, cuts or hoof-evil. It should be applied twice a day and heated a little each time.

McMILLAN'S CONDITION POWDERS.

Sulphur 12 pounds.
Black antimony 3 pounds.
Salt-petre 3 pounds.
Flaxseed meal 7 pounds.

Mix—Dose, table-spoonful in feed, oats or chop, twice daily. This is undoubtedly one of the best condition powders ever made. It was given me by an old English farrier in Leadville, Colorado, and has been used by many of my acquaintances, as well as by myself, with very satisfactory results. The receipt has sold repeatedly for $25, and if I had not been working on this book, and

intended to put it in here, I should have gotten a patent on it, as I believe there is nothing of the kind that will excel it. Try it and prove its value. It is good for cattle also.

WESLEY'S LINIMENT FOR RAW SORE.

Oil origanum 4 ounces.
Aqua ammon. 2 ounces.
Gum camphor 2 ounces.
Oil of amber 1 ounce.
Linseed oil 4 ounces
Alcohol 5 ounces.

Mix—To be applied twice a day on a raw sore, and cover with a bandage loosely applied. Also good in cases of cracked hands or chapped feet. It is of great value.

ARMSTRONG'S LINIMENT.

Linseed oil 8 ounces.
Spirits turpentine 8 ounces.
Alcohol 8 ounces.
Camphor gum 2 ounces.
Oil vitriol 1 ounce.

Mix—This is one of the good applications in cases of sweeney or sprains. It has been used with good success in all cases of swelling with pain. William P. Armstrong, of Genoa, Ohio, gave this to me as one of the best in cases as above. He had used it extensively for many years, and it became quite popular in the north-western part of the State of Ohio, and has been sold a number of times for $10. It is one that does not

cost very much, and needs only to be tried to be appreciated.

LINIMENT.

Spts. camphor 4 ounces.
Castile soap 2 ounces.
Alcohol 2 ounces.
Spirits of ammonia 1 ounce.
Mix thoroughly.

Apply to fresh cuts or wounds, also to bruises and sprains.

COOLING POTION IN FEVERS.

Muriate of ammonia 1 ounce.
Saltpetre 4 ounces.
Sugar of lead 1 ounce.
Chlorate of potash 3 ounces.
Cold water 2 gallons.
Mix—Give 3 ounces at a time every 4 hours.

QUICK PHYSIC.

Croton oil 20 drops.
Hydrarge chloride nit. 5 grains.

Mix with wheat flour dough and put far back in the mouth. The dose can be repeated every hour until the desired effect is had.

DRENCH FOR COLIC.

Sweet oil one-half ounce.
Sweet spirits nitre 1 ounce.
Morphine 1 grain.
Balsam copavæ 1 ounce.
Warm water 1 pint.
Mix—Give at once.

HARD HOOF.

Fish oil 1 pint.
Oil of tar one-fourth pint.
Mix and apply to outside and inside 3 times a day with brush.

PHYSIC.

Aloes 1 ounce.
Ginger pulv. one-half ounce.
Warm water 1 pint.
Mix—Give at once and repeat every 3 hours until effect is obtained.

CONDITION POWDERS.

Black antimony 1 pound.
Fenegreek 1 pound.
Resin 1 pound.
Epsom salts 1 pound.
Sulphur 1 pound.
Gentian pulv. 1 pound.
Ginger 1 pound.
Cream of tartar 1 pound.
Laurel berries 1 pound.
Hydrastis canadensis 1 pound.
Carb. soda 1 pound.
Copperas pulverized 4 ounces.
Alum pulverized 4 ounces.
Saltpetre pulverized 4 ounces.
Blood-root pulverized 4 ounces.
Mix—Give 2 table-spoonfuls night and morning in feed for 1 week, and then 1 table-spoonful as above in feed.

OINTMENT FOR SWELLINGS.

Oil origanum 1 ounce.
Oil turpentine 1 ounce.
Aqua ammonia 1 ounce.
Alcohol 1 ounce.
Lard 4 ounces.
Mix—Apply 4 times a day with friction.

NO. 2.

Olive oil 8 ounces.
Tincture of camphor 2 ounces.
Turpentine 1 ounce.
Tincture of iodine 1 ounce.
Mix—Apply to swelling once a day.

COUGH POWDER.

Tartar emetic 1 ounce.
Pulverized resin 2 ounces.
Blood-root 1 ounce.
Saltpetre 2 ounces.
Ginger 2 ounces.
Mix—Give a table-spoonful every 4 hours in feed.

J. E. FRAZE'S LINIMENT.

Alcohol 1 pint.
Camphur gum 4 ounces.
Oil spike 2 ounces.
Oil amber 2 ounces.
Oil turpentine 2 ounces.
Aqua ammonia 3 ounces.
Mix—Good for sprains and bruises, rheuma-

tism, swellings (neuralgia, croup and quinsy in man). This liniment has a tremendous recommendation in Wayne county, and especially in the eastern part of the county. Has been sold for $5 often.

SCRATCHES.

Gum camphor ½ ounce.
Gum myrrh 1 ounce.
Sulphuric acid 1 ounce.
Turpentine 1 ounce.
Lard 1 pound.
Mix—Rub on once a day.

NO. 2.

Gun powder 2 ounces.
Lard 3 ounces.
Turpentine 2 ounces.
Mix and apply twice a day.

DRESSING FOR HARD HOOF

Turpentine 4 ounces.
Tar 4 ounces.
Fish oil 8 ounces.
Mix and apply twice a day, by the aid of heat.

HIDE BOUND.

Sulphur 8 ounces.
Nitrate of potash 3 ounces.
Black antimony 2 ounces.
Sulphate of iron 1 ounce.
Mix and give a table-spoonful in feed twice a day.

NO. 2.

Aloes 2 ounces.
Sweet spirits of nitre 1 ounce.
Gentian tincture 8 ounces.
Mix and give a tea-spoonful 3 times a day.

EYE WASH.

Alcohol 1 ounce.
Extract of lead 1 dram.
Soft water one-half pint.
Mix—Apply 3 times a day.

FOR COLIC.

Turpentine 3 ounces.
Laudanum 1 ounce.
Warm water ½ pint.
Aloes ½ ounce.
Mix and give at once.

SPRAINS OR WOUNDS.

Oil origanum 1 ounce.
Oil anise 1 ounce.
Oil spike 1 ounce.
Aqua ammonia 1 ounce.
Alcohol 3 ounces.
Mix—Apply every 3 hours.

FOUNDER.

Sun-flower seeds 1 pint, to 2 bushels of oats. Feed 4 quarts of this to a feed.

NO. 2.

Bleed in the feet and give freely of the above.

TO CLEANSE THE BLOOD.

Rattle root 4 ounces.
Sassafras root 4 ounces.
Wild cherry root 4 ounces.
Spice wood bark 4 ounces.
Dog wood 4 ounces
Water 2 gallons.

Boil down to one-half gallon and give a table-spoonful in water every 4 hours.

NO. 2.

Camphor 1 ounce.
Skunk cabbage 2 pounds.
Fenegreek one-half pound.
Sulphur 4 ounces.
Flaxseed meal 1 pound.

Mix—Table-spoonful every evening.

EYE WASH.

Three eggs.
One quart rain water.

Beat the eggs well before putting into the water, and add one-half ounce Set on stove and boil for ten minutes.

NO. 2.

Sulph. of zinc 2 grains.
Sugar of lead 2 grains.
Morphine 2 grains.
Laudanum 2 drams.
Rain water 4 ounces.

Mix—Apply to the eye 3 times a day, until the inflammation has subsided.

LINIMENT FOR BOG SPAVIN.

Tincture cantharides 1 ounce.
Croton oil 1 dram.
Turpentine 1 ounce.
Laudanum ½ ounce.

Mix—Apply with a good deal of friction, 3 times a day. This is Nacke's favorite liniment and he gives it a great recommend, he having cured a great number of cases in his large practice.

CONDITION POWDERS.

Antimony 2 ounces.
Resin 2 ounces.
Sulphur 2 ounces.
Ginger 2 ounces.
Flaxseed meal 2 ounces.
Rhubarb 1 ounce.

Mix—Dose, a table-spoonful twice a day in oats or chop.

BONE LINIMENT.

Neatsfoot oil 8 ounces.
Tincture camphor 2 ounces.
Oil of spike 2 ounces.

Mix—Apply 3 times a day with a good deal of friction in cases of lameness or swellings of any kind.

BLISTER LINIMENT.

Cantharides pulv. 1½ ounces.
Turpentine 1 pint.

Mix—Let stand 24 hours, and then apply. It will blister in 15 minutes.

HALFIELD'S LINIMENT FOR SWEENEY.

Oil spike 1 ounce.
Oil stone ¼ ounce.
Oil amber ¼ ounce.
Oil origanum ¼ ounce.
Oil turpentine ¼ ounce.
Oil British ¼ ounce.

Mix—This has had a great run and enjoyed a great amount of popularity as a remedy for sweeney on horse or man, and also to be applied externally to the throat in cases of quinsy. It is a powerful application and should be used three times a day in sweeney, quinsy or sore throat, and should be applied every 2 or 3 hours according to the severity of the case. The above is only a small quantity; four times as much may be made at a time and kept well bottled for use.

ALTERATIVE DRENCH.

Aloes 6 drams.
Podophyllin 2 drams.
Sulphur 1 dram.
Boiling water ½ pint.

Mix—When lukewarm, give as a drench.

TO BREAK UP A HARD COLD

Tinct. of camphor 1 ounce.
Spts. eth. nit. 1 ounce.
Quinine 30 grains.

Mix—Tea-spoonful every 4 hours in 2 table-spoonfuls of water. May be given oftener if case does not yield.

CONDITION POWDERS.

Ginger 2 ounces.
Black antimony 2 ounces.
Sulphur 2 ounces.
Saltpetre 2 ounces.
Resin 2 ounces.

Mix and give a tea-spoonful 3 times a day in feed.

LINIMENT UNIVERSAL.

Alcohol one-half pint.
Gum camphor 1½ ounces.
Origanum oil 1 ounce.
Oil spike 1 ounce.
Aqua ammonia 2 ounces.

Mix—Apply to sprains, bruises, swellings and rheumatic complaints.

FOR HEAVES.

Balsam fir 2 ounces.
Balsam of copavæ 2½ ounces.

Mix with calcined magnesia a sufficient quantity. For a man, make into 10 pills, and give 1 every day. Wet the feed.

CONDITION POWDERS.

Ginger 2 ounces.
Salts of tartar 2 ounces.
Blood-root 1 ounce.
Pulv. ext. licorice 3 ounces.
Tartar emetic 1 ounce.

Mix—Tea-spoonful to be given twice a day in feed.

NO. 2.

Sulphate of iron 2 ounces.
Sulphur 3 ounces.
Ginger 2 ounces.
Nitrate of potash 3 ounces.
Golden seal 3 ounces.
Cream of tartar 2 ounces.
Antimony 2 ounces.

Mix—Give a tea-spoonful morning and evening in feed.

EVERETT'S MAGNETIC LINIMENT.

Tincture camphor 1 ounce.
Laudanum one-half ounce.
Chloroform one-half ounce.
Castor oil 1 ½ ounces.
Olive oil 1 ounce.
Sassafras oil ¼ ounce.
Wintergreen oil ¼ ounce.
Tincture capsicum one-half ounce.
Alcohol one-half pint.

Mix—Apply 3 times daily to all painful swellings, sprains, bruises, etc.

BAKER'S DIVISION.

TEA CAKE (OR CUP).

Sugar 1½ cups.
Butter one-half cup.
Sour milk 1 cup.
Eggs 3.
Soda 1 tea-spoonful.
Ext. vanilla, lemon or nutmeg 1 tea-spoonful.
Also this :
Butter one-half cup.
Sugar 1 cup.
Flour 1½ cups.
Eggs 2.
Sweet milk one-half cup.
Soda one-half tea-spoonful.
Cream of tartar 1 tea-spoonful.

LADY CAKE.

Flour 1 pound.
Sugar 1 pound.
Butter one-half pound.
White of 15 eggs.
Baking-powder 6 tea-spoonfuls.

Thoroughly mix the flour and baking-powder by sifting, and then cream the flour with the butter. Now, having beaten the eggs and thoroughly mixed them with the sugar, mix all, and bake in a moderate oven.

HONEY CAKE.

Melt 1 cup of butter and mix it with honey 2 cups.

Ginger 1 table-spoonful.

Nutmeg 1.

Dissolve a heaping tea-spoonful of saleratus in a cup of water, add to the mixture. Then flour until stiff enough to roll out, and bake the same as ginger-bread.

WEDDING CAKE.

Flour 4 pounds.

Butter 4 pounds.

Sugar 8 pounds.

Citron 1 pound.

English currants 4 pounds.

Raisins 3 pounds.

Nutmeg 1 ounce.

Lemons 4.

Cream 1 pint.

Eggs 30.

Saleratus one-half table-spoonful.

Work the butter and sugar to a cream, add the beaten eggs, grated nutmeg, prepared fruit, chopped lemons, cream and saleratus, and then the sifted flour. Bake in large or small pans, as preferred.

MRS. PRIDE'S WEDDING CAKE.

Butter 1 pound.

Sugar 1¾ pounds.

Flour 1 pound.

Eggs 12.

Rasins seeded, chopped and floured, 3 pounds.

English currants washed, dried and floured 3 pounds.

Citron cut thin and small 1 pound.

Madeira wine 2 ounces.

Brandy 4 ounces.

Rose water 1 ounce.

Grated nutmegs 2.

Finely ground cinnamon 2 tea-spoonfuls.

Mace finely ground 1 tea-spoonful.

Cloves finely ground 1 tea-spoonful.

Currant jelly well beaten 1 pint.

Bake about 4 hours in moderate oven. Follow general directions of No. 2 above.

FRENCH LOAF CAKE.

Sugar 1 pound.

Butter ¾ pound.

Flour one-half pound.

Eggs 8.

Milk 2 table-spoonfuls.

Soda ¼ tea-spoonful.

One good sized lemon grated and chopped.

Mix the sugar and butter, then the yolks, then the whites, then the lemon and flour, and lastly the soda and milk, having been mixed, are put in.

PATRIOT CAKE.

Flour 1 pound.
Sugar 1 pound.
Raisins 1 pound.
Butter one-half pound.
Cream one-half pint.
Wine ½ pint.
Brandy ½ pint.
Eggs 4.
Soda 1 tea-spoonful.

FRENCH CAKE.

Eggs 1 dozen.
Loaf sugar 1 pound.
Peel of 1 lemon.
Wheat flour one-half pound.
Rice flour one-half pound.
Sweet almonds 4 ounces.
Bitter almonds 1 ounce.
Orange flower water 1 ounce.

The yolks and white of the eggs are to be beaten separately, the sugar to be pounded and sifted, the lemon peel is to be grated, the wheat flour to be dried and sifted, the rice flour also to be sifted, and the almonds to be beaten into a pulpy mass in a mortar, then the orange flower water to be put in with them and thoroughly rubbed together, and then the whole to be mixed, the pan prepared with white paper, then buttered, and then baked for 1 hour.

HALFORD LOAF CAKE.

Flour 2¼ pounds.
Sugar 1¼ pounds.
Butter 1¼ pounds.
Nutmegs 2.
Mace ¼ ounce.
Eggs 2.
Milk 1 pint.
Raisins 1 pound.
Distillers' or other good yeast 1 gill.
Brandy, wine, and other fruit to taste.

Rub the butter into the flour at night, and have the milk warm and add the yeast, and mix it thoroughly, and set to rise in the morning. When light add the other articles, heat thoroughly and put in pans, and after an hour bake.

JELLY CAKE.

Sugar 1 cup.
Cream 1 cup.
Eggs 2.
Saleratus ½ tea-spoonful or soda 1 tea-spoonful. (the soda is most used.)
Ext of lemon or vanilla 2 tea-spoonfuls.

If too thin, use a little more flour; and if cream is very sour it will require a little more saleratus or soda. This will be baked in thin cakes and laid up, with any kind of jelly you choose between the layers, and frosted or not as any one chooses.

COOKIES.

Sugar 2 cups.
Melted butter 1 cup.
Eggs 2.
Sour milk one and one-half cup.
Soda one and one-half tea-spoonfuls.

Stir the sugar, butter and eggs to a cream, then put in the milk, soda and flour to make as soft a batter as can be rolled; herein lies the secret of success.

NO. 2.

Butter 1 cup.
Sugar 1 cup.
Sweet milk 1 cup.
Eggs 2.
Baking-powder 1 rounding tea-spoonful.

Use sufficient flour only to make as soft as you can roll out and cut.

ORANGE JELLY CAKE.

Flour 2 cups.
Sugar 2 cups.
Cold water ½ cup.
Juice and grated peel of 1 orange.
Yolks of 5 eggs.
Whites of 4 eggs.
Salt a little.
Soda ½ tea-spoonful.
Cream of tartar 1 tea-spoonful.
Follow general directions in making.
Bake in 4 jelly tins and lay up by taking the

white of an egg saved for that purpose, and beat it well with pulverized sugar until stiff, then grate in the peel of another orange and squeeze in the juice of the same to put between the layers.

LEMON JELLY CAKE.

Sugar 1 cup.
Flour 1 cup.
Eggs 3.
Melted butter 1 table-spoonful.
Soda 1 tea-spoonful.
Cream of tartar 2 tea-spoonfuls.
Milk 1 table-spoonful.
Bake in 4 cakes.
In place of jelly take:
Water 1 cup.
Eggs 2.
Sugar two-thirds cup.
Corn starch 1 table-spoonful.
The juice of 2 lemons.
Mix thoroughly and put between the cakes.

SOFT MOLASSES GINGER-BREAD.

Good molasses 1 pint.
Butter ¼ pound.
Soda 1 table-spoonful.
Ginger 1 large table-spoonful or to suit the taste.
Flour sufficient.

Melt the butter and pour into the molasses, mix in the soda until it froths, then stir in the ginger and flour to make it as stiff as will handle well with a spoon. Bake ½ to ¾ of an hour.

CREAM VARIETY.

Jelly cake will first be made by beating 3 eggs to a froth with

Sugar ½ pound.

Flour ½ pound.

Baking powder 3 tea-spoonfuls mixed by sifting with flour. Bake in thin cakes, to be laid up with the following cream:

Cream 1 quart sweetened to taste and thickened with corn starch 1 table-spoonful and flavored with ext. of lemon or vanilla, which is to be poured between the layers in place of the jelly.

KANSAS LUNCHEON CAKE.

Flour 2 pounds.

Powdered sugar ¼ pound.

English currants mashed and dried 6 ounces.

Citron 1 ounce.

Butter ¼ pound.

Baking powder 1 table-spoonful.

Eggs 4

Milk sufficient.

Rub the butter into the flour, then the sugar, citron, currants, salt, baking-powder, etc., and beat the eggs and mix in with the milk to make the batter not very stiff. Half-fill buttered and flour-dusted tins and bake in rather a quick oven, to a light brown.

OUR FAMILY RAISED CAKE.

When making bread in the morning, the hop yeast or other sponge rising being light and nice,

take 1 cupful and add 1 cup sugar, ¾ cup butter, 1 cup chopped raisins, 1 egg, ½ tea-spoonful of cinnamon, cloves or nutmeg, 1 tea-spoonful soda, stir as stiffly as you can, let it rise until night and bake from ¾ to an hour, according to heat of oven. It is very satisfactory and but little labor.

BUNS OR SWEET CAKE.

Flour 1 quart.
Milk 1 pint.
Butter ¼ pound.
Eggs 2.
Sugar 1 cup.
English currants one-half cup.
Yeast 3 or 4 table-spoonfuls.

Warm the milk and mix in the yeast, butter and flour, and set to rise 3 or 4 hours. Then mix the beaten eggs, sugar and fruit into the dough and let rise again 2 hours, and when light make into small buns or biscuits, and put them close together in baking tins, and when light again brush the top over with a mixture of milk and molasses, and bake in a quick oven.

NO. 2.

New milk 3 cups.
Yeast 1 cup.
Sugar 1 cup.
Flour enough to make a stiff batter.

Rise over night. In the morning mix 1 cup butter with another cup of sugar, 1 grated nutmeg, 1 tea-spoonful of saleratus, or 1½ of soda, or 2 of

baking powder, and mix in with sufficient more flour to make all as stiff as for bread. Let rise again, then mould and cut out, and again light bake in a quick oven.

INDIAN GRIDDLE CAKES.

Indian meal 3 cups.

Soda 1 tea-spoonful.

Sugar 4 tea-spoonfuls. Salt 1 tea-spoonful.

Pour on boiling water, stirring briskly to the thickness of stiff mush. Pour on cold milk till it is as thick as gruel, and then add sifted flour to the consistency of griddle cakes, thick or thin, as preferred. They can be varied by the addition 1 or 2 eggs beaten and added last.

BUCKWHEAT GRIDDLE CAKES.

Sift together 1 quart of buckwheat flour and 1 tea-spoonful corn meal. In cool weather make up a moderately thin batter with luke-warm sweet milk. Salt to taste. In warm weather it is best to use water, as the milk would sour. Add one-half tumbler good hot yeast. Make it up in a jar at 9 o'clock at night. The next morning beat in 3 eggs, let it stand 15 or 20 minutes, and just before frying stir in 1 tea-spoonful of soda, first sprinkling it over the batter. Soda is unnecessary if the batter is perfectly sweet. Eggs are not essential, but are an improvement.

A mixture of 4 parts of buckwheat, 2 of Graham and 1 of Indian makes a more healthful cake and a more spongy one.

NO. 2.

Buckwheat flour 4 cups.

Wheat flour 2 cups.

Corn meal 1 cup.

Make a pouring batter.

Mix and let rise over night and bake in the morning. Leave a pint of the batter to set the next lot, and you need not use any more yeast the whole season. Keep the stock cool when not wanted. If the batter turns sour take a tea-spoonful of soda and stir in just before using, dissolved in cold water.

WHEAT FLOUR GRIDDLE CAKES.

Mix at night:

Flour 4 pint-bowlfuls.

Corn meal 1 bowlful.

Salt 1 tea-spoonful.

Tepid milk 2½ bowls.

Yeast one-half tumbler.

In the morning add 1 egg well beaten, also add milk if too thick. The cakes must be spongy.

HOMINY CAKES.

Boiled hominy 1 pint, well mashed.

Sifted flour one-half pint.

Egg 1.

Melted lard or butter 1 table-spoonful.

Sweet milk enough to make a rather thin batter.

Soda 1 tea-spoonful, sifted with flour, and 2 of cream of tartar.

Drop the batter small on the griddle.

VELVET CAKE.

Flour 1 pound.
Sugar 1 pound.
Butter ½ pound.
Eggs 4.
Cold water 1 cup.
Cream of tartar 1 tea-spoonful.
Soda ½ tea-spoonful.
Flavor with any of the extracts preferred 1 tea-spoonful.

Beat the butter and sugar to a cream. Having dissolved the soda in a little water, add it, and having sifted the the cream of tartar into the flour and mixed them thoroughly, sift them into the mixture, add the balance of the cold water, and beat together the eggs, having first been beaten separately, then together, stir them in and add the flavoring ext., stirring the mass well for a minute or two. Bake 1 hour.

SHORT CAKE.

Sifted flour 4 cups.
Cream 1 cupful.
Milk 1 pint.
Butter an even table-spoonful.
Salt 1 tea-spoonful.
Soda 1 tea-spoonful.
Cream of tartar 2 tea-spoonfuls, sifted with flour.

Roll as soft as possible, cut small thick cakes with a form and bake on a griddle.

MUFFINS.

Milk 3 pints.

Eggs 4.

Yeast small tea-cupful.

Butter a piece the size of an egg, melted in a little milk.

Salt 1 tea-spoonful

Add sifted flour till as thick as buckwheat batter 8 or 10 hours rising. Cook either in muffin rings or pour directly on the griddle in thin cakes. Powdered sugar and ground cinnamon served with the cakes will improve them.

NO. 2.

Sweet milk 1 pint.

Eggs 2.

Butter a piece the size of an egg.

Salt a tea-spoonful.

Gr ham and common flour of each one-half, to make them as thick as common cake batter.

Bake them in muffin rings or without them on a hot griddle. Choice and light.

LEMON CAKE.

Sugar 3 cups.

Butter 1 cup.

Eggs 5.

Lemons 1.

Milk 1 cup.

Flour 4 cups.

Rub the sugar and butter to a cream with the yolks of the eggs, then the milk and well beaten

white of the eggs, then sift in some of the flour, stirring well, then the juice and grated rind of the lemon, finishing with adding the balance of the flour. Bake in shallow pans for one-half or three-fourths of an hour.

SPONGE CAKE.

Eggs 4.
White sugar 1 cup.
Flour 3 cups.
Sweet milk ½ cup.
Baking powder 1 large tea-spoonful.
Ext. lemon, vanilla or nutmeg 1 tea-spoonful.
Salt a small pinch.

Beat the eggs well, then beat in the sugar and add the milk, flavoring and salt. Put the baking-powder into the flour, sift and stir in and beat all well together, put into the pans and bake in a quick oven. It will be very light and spongy.

NO. 2.

Sugar 1 cup.
Flour 1 cup.
Eggs 2.
Sweet milk 4 table-spoonfuls.
Soda ½ tea-spoonful.
Cream of tartar 1 tea-spoonful or baking powder 1 large tea-spoonful.

These cakes take their name from their resemblance to a sponge, both in lightness and toughness if properly made and properly baked, as they are quite tough, notwithstanding their lightness, as no shortening is used.

NO. 3.

Sugar ¾ pound, and put into it ½ tumbler of cold water and bring it to a boil to form a clear syrup. When cool, having beaten the yolks and whites of eggs separately, add the yolks, stirring them well, flavor with the peel of a lemon and add the juice of the same, add the whites of the eggs and then sift in ½ pound of flour. It is claimed this cake will keep much longer than usual on the account of boiling the sugar.

NO. 4.

White sugar 1 pound.
Eggs 10.
Flour one-half pound.
Juice of 1 lemon.
Rind of 1 lemon.

Break the egg into the sugar and thoroughly beat together, and then the flour, lemon juice, etc. Beautiful is the word of description.

CRULLERS.

Sweet milk 1 quart.
Sugar 1 ¼ pints.
Flour one-half pint.
Baking powder 3 tea-spoonfuls.
Nutmeg, or cinnamon, or a little of both if preferred.

Mix all together nicely, and then sift in as much more flour as will allow it to roll out, but they are better not to be made very stiff. Have the lard hot when they are put in.

DOUGHNUTS.

Sour milk 3 cups.
Soda 1 tea-spoonful.
Eggs 2.
Sugar 1½ cups.
Baking powder 1 tea-spoonful.
Salt 1 tea-spoonful.
Nutmeg 1 grated.
Melted butter or melted lard from the kettle 2 table-spoonfuls.
Flour about 2 quarts.

Dissolve the soda in the milk, add the sugar and eggs, the butter or lard, and stir or beat all the articles together. Then sift in flour to make as soft as dough can be molded and rolled out. Cut into strips and twist or tie into knots or any shape desired. Fry in lard as hot as it can be without burning, which prevents its too great absorption into the cake, making it indigestible. A good light doughnut is a very healthy kind of food—a greasy one is very unhealthy.

CREAM CAKE.

Sugar 1 cup.
Flour 1 cup.
Cream 1 cup.
Eggs 3.
Cream tartar 1 tea-spoonful.
Soda one-half tea-spoonful.
Salt, a little.
Make in the usual way.

NO. 2.

Sugar 1 cup.
Rich cream 1 cup.
Eggs 2.
Soda 1 tea-spoonful.
Flour 2 cups.
Salt 1 tea-spoonful.
Make according to general directions.

WHITE OR SILVER CAKE.

Whites of 8 eggs.
Flour 3 cups.
White sugar 2 cups.
Butter one-half cup.
Sweet milk ¾ cup.
Baking powder 1 rounding tea-spoonful.
Ext. of lemon 1 tea-spoonful.

YELLOW OR GOLD CAKE.

Yolks of 8 eggs.
Flour 1½ cups.
Sugar 1 cup.
Butter ¾ cup.
Sweet milk one-half cup.
Baking powder 1 tea-spoonful.
Ext. lemon 1 tea-spoonful.
Mix and bake according to general directions.

FRUIT CAKE.

Flour 1 pound.
Sugar 1 pound.
Butter 1 pound.
English currants 2 pounds.

Raisins 2 pounds.
Citron 1 pound.
Eggs 10.
Any good wine 1 cup.
Brandy one-half cup, or 2 cups wine without the brandy.

Those who choose to use no wine or brandy will use a cup of water and cup of milk in their place.

Nutmeg and cinnamon to taste, or extracts 1 table-spoonful each.

Mix according to general directions, and bake by putting a buttered paper in the pan.

CURRANT CAKE.

Butter one-half cup.
Sugar 2 cups.
Milk 1 cup.
English currants 1 cup.
Soda 1 tea-spoonful.
Cream of tartar 2 tea-spoonfuls.
Flour, sufficient to make a pouring batter.

WHITE MOUNTAIN CAKE.

Butter one-half cup.
Sugar 2 cups.
Flour 3½ cups.
Milk 1 cup.
Eggs 2.
Cream of tartar 2 tea-spoonfuls.
Soda 1 tea-spoonful.

Beat all together without separating the eggs, put the soda in the milk, and stir the cream of tar-

tar in the flour. Bake as jelly cake, but instead of jelly between the layers put the following frosting:

Beat the white of 1 egg to a stiff froth and stir in 7 tea-spoonfuls pulverized sugar. Flavor with extract of lemon or vanilla.

GINGER SNAPS.

Molasses one-half pound.
Brown sugar ¼ pound.
Butter ¼ pound.
Ground ginger 1 tea-spoonful.
Caraway seed 1 tea-spoonful.
Flour 1 pound.

Rub the butter into the flour, and then mix in the molasses, sugar, ginger and caraway seeds. Work all well and form into cakes the size of a quarter. Place upon a baking tin and in a moderate oven for 20 minutes, when they will be dry and crisp.

CRUMPETS.

Eggs 4.
White sugar 2 cups.
Butter or lard 1 cup.
Soda 1 tea-spoonful, dissolved in one-third cup cold water.
Nutmeg to taste.

Flour to roll out like cookies, rolling thin and cutting into small cakes. Sprinkle them well with powdered sugar, and bake in a quick oven.

They are splendid.

CURRANT CAKE.

Butter one-half cup.
Sugar 2 cups.
Milk 1 cup.
English currants 1 cup.
Soda 1 tea-spoonful.
Cream of tartar 2 tea-spoonfuls.
Flour, sufficient to make a pouring batter.

SNOW-BALL CAKE.

Sugar 1 cup.
Sour cream 4 table-spoonfuls.
Eggs 2.
Salt a little.
Flour to roll out.

Cut into small round cakes and fry in hot lard, and while hot roll in powdered sugar.

CANADIAN CAKE.

Flour ¾ pound.
Pulv. sugar one-half pound.
Fresh butter one-half pound.
English currants ½ pound.
Eggs 5.
Orange-flower water 1 table-spoonful.
The grated peel of half a lemon.

Sift the flour and sugar together and rub in the butter and the beaten eggs, and the currants and orange water. Beat all until light and creamy. Put into tins lined with buttered paper. Put in only thin, as it will raise well. Bake in quick oven.

CORN STARCH CAKE.

Whites of 5 eggs.
Butter 1 cup.
Sugar 2 cups.
Sweet milk 1 cup.
Corn starch 1 cup.
Flour 2 cups.
Cream of tartar 1 tea-spoonful.
Soda one-half tea-spoonful.
Follow general directions.

RAISIN CAKE.

Raisins 1 pound.
Flour 1 pound.
Sugar 1 pound.
Butter 1 pound.
Eggs 6.
Sweet milk 1 cup.
Nutmeg 1.
Tea-spoonful of baking powder.

Beat the butter to cream, beat the yolks of the eggs with the sugar, and then the flour. Now stir in the creamed butter, and, having whipped the whites to a froth, stir them in, and the milk, spices and soda, or baking powder. Now beat all till light and creamy, and then add the raisins, they having been stoned, chopped and covered with flour to cause them to mix evenly. The tin must be lined with buttered paper and baked in a quick oven.

APPLE AND PEACH CAKE.

Dried apples 3 cups.
Molasses 2 cups.
Sugar 1 cup.
Raisins 1 cup.
Thick sour cream 1 cup.
Eggs 2.
Soda 1 tea-spoonful.
Cinnamon, nutmeg and cloves to taste.
Flour to make a stiff batter.

Soak the apples over night, in the morning chop them fine, and cook them slowly in the molasses for 1 hour; when cooled put in the sugar, raisins, beaten eggs, cream with soda in it, etc., and bake in a moderate oven. This gives moistness and a peculiarity to the cake that is very agreeable. Peaches that were peeled before drying may be used in the same manner.

HICKORY NUT CAKE.

Hickory nut meats 1½ cups.
Butter 1 cup.
Sugar 2 cups.
Flour 4 cups.
Sour milk 1 cup.
Eggs 3.
Soda 1 tea-spoonful.

Have the meats chopped or broken fine and roll them evenly with half the flour. Mix the other articles in the usual way, then mix the nut-flour and bake in a moderate oven.

PLAIN SHORT CAKE.

Flour 1 pound.
Butter ½ pound.
Sugar 3 ounces.
Mix and roll out thick, bake about one-half an hour.

WHITE SPONGE CAKE.

White of 8 eggs.
White sugar 1½ cups.
Flour 1 cup.
Cream of tartar 2 tea-spoonfuls.
Mix sugar, flour, and cream of tartar, then beat the whites of the eggs until stiff and mix in as quick possible with the hand.

COFFEE CAKE.

Nicely made coffee.
Brown sugar one and one-half cups.
Butter 1 cup.
Molasses 1 cup.
Raisins 1 pound.
Flour 5 cups.
Soda 1 large tea-spoonful, dissolved in the coffee.
Cinnamon one-half tea-spoonful.
Cloves one-half tea-spoonful.
Nutmeg one-half of one.
Mix and bake in a moderate oven.

RAISED BISCUIT.

Take some of the bread dough when light. Knead a heaping table-spoonful of butter into dough enough to fill a long tin. Mould into small

biscuits, let them rise again, and bake for 20 minutes until done.

OMELET.

Sweet milk 1 cup.
Flour 1 table-spoonful.
Butter 1 table-spoonful.
Eggs 6 well beaten.

Rub the flour with a little of the milk and add the rest, stirring in the butter, which has been melted, salt, and then stir in the eggs. Having a bit of butter in a frying pan or stew dish beginning to get hot, pour in the omelet mixture, stirring all the time until it gets quite thick, then let it rest until the bottom is nicely browned, when it may be tu ned bottom up on a plate, or if it sticks to the pan it may be cut out in pieces to be placed on each plate of the guests. It should be about one and one-half inches thick. For variety two or three ounces cold fried ham, cold veal or chicken may be chopped fine and stirred into this mixture before frying, or a little grated sweet corn left from dinner, or a little hominy in place of the sweet corn, then dip in spoonfuls and fry in dish in place of oysters for tea.

NO. 2.

One egg to every spoonful of milk. Mix and fry.

This is gotten up quick, and in case of an unexpected guest is very nice; it can be browned a little on the bottom and turned off the griddle very nicely.

SALT RISING BREAD.

Take a quart pitcher half full of warm water, stir in sifted flour to make the consistence of batter, add ¼ tea-spoonful salt, and as much baking soda. Set in a dish of warm water, where it will keep so, and stir occasionally. It will rise in 5 or 6 hours. Milk and water warm, equal parts, is the best wetting for bread. Stir the wetting into the flour, and then add the rising. Stir it all together to make a sponge. When light, mix and mould into loaves, and let it rise again. The oven should be hot enough to bake the bread in 30 minutes without burning, or hardly browning. Never cut till 12 hours old.

INDIAN BREAD.

Indian meal 2 quarts.

Hot water enough to make the meal quite wet.

When cold add 1 quart of flour, one-half pint of raisins, a little salt, and one-half tea-cupful of molasses. Mix all together, and put into large basins, and let it rise. Bake for 3 hours with slow fire.

BOSTON BROWN BREAD.

Rye flour 4 cups.

Wheat flour 1 cup.

Corn meal 2 cups.

Molasses 1½ cups.

Salt 2 tea-spoonfuls.

Cream of tartar 4 tea-spoonfuls.

Soda 2 tea-spoonfuls.

Mix soft with milk, or water if you have no

milk. The soda should be the last put in. Then put in a deep pan and steam 3 hours. Some put in a little more salt.

"JOHNNY" CAKE.

One tea-cupful of sweet milk.
One tea-cupful of buttermilk.
A little salt.
A little soda.
Stir in meal enough to make a soft batter, and bake for 40 minutes.

POTATO BREAD.

To make 4 or 5 loaves of bread take 3 or 4 good-sized potatoes. Wash, peel and slice up the potatoes, then rinse, and put them into 1 quart of clean water, and boil until quite soft. Draw off the water into a quart dish of any kind, so that the measure is just 1 quart. Then mash the potatoes very fine, and then pour on the water in which they were boiled, and mix well. Now add 1 tea-cupful of yeast. Stir in well, being careful that it is not hot enough to scald the yeast. Add 1 tea-spoonful salt and one-half tea-spoonful soda, and sift in flour enough to make it the consistence of pan-cake batter. This should be done in a pan large enough to hold all the dough that is to be made in the morning. When thus prepared cover and set in the cellar. Next morning your sponge will be ready to mix. If there is any sourness about the sponge add a little more soda and salt. When the bread is mixed put it in a bread-pan to

rise or get light, and then knead and mould into pans and bake about 1 hour.

The above plan has been successful, and is extensively practiced.

GRAHAM BREAD.

Graham flour 5 cups.
Sour milk 2 cups.
Molasses two-thirds cup.
Saleratus 1 tea-spoonful.
Salt 1 tea-spoonful.

Put the milk and molasses and salt in a pan, and then mash the saleratus and dissolve it in a little of the milk. Then stir it into the whole and immediately stir in the flour. Butter a two-quart pan and steam 2 hours. If no steamer, bake in a quick oven. Dyspeptics will find this bread or the Graham biscuits just the thing.

GRAHAM BISCUITS.

Proceed the same as with the bread, only it will need more flour to make it stiff enough to roll out. Butter the tin and bake directly.

BEST CORN BREAD.

Corn meal 2 quarts.
Bread sponge 1 pint.
Water sufficient to wet the whole.
Flour ½ pint.
Salt 1 table-spoonful.

Let it rise, then knead well for the second time and place the dough in the oven and allow it to bake an hour and a half.

INDIAN BREAD.

Buttermilk 1 quart.
Indian meal 4 cups.
Wheat or rye flour 2 cups.
Molasses 1 cup.
Salt 1 tea-spoonful.
Soda 1 tea-spoonful.

Mix—The milk, molasses and salt first, then the soda dissolved in a little of it and mixed in; then the flour, and lastly the meal. Steam 3 hours or bake 2 hours.

BISCUIT

Flour 2 quarts.
Butter 2 table-spoonfuls.
Salt 1 tea-spoonful.
Baking powder 2 tea-spoonfuls.
Baking soda 1 tea-spoonful.
Sour milk sufficient.

Sift the flour and thoroughly mix in the salt and baking powder dry. In warm weather work in the butter cold, but in cold weather melt and work in. Mash and dissolve the soda in a cup with a little of the milk, then pour it into the flour, and mix, adding more milk until the flour is all wet up. Cut out and mould, place in tins, and bake in a quick oven.

GEMS.

Graham meal (or flour) 2 quarts.

Add salt and warm water, stirring thoroughly, make a thick batter and put into hot pans and bake in a hot oven.

PALMER HOUSE ROLLS.

Flour 1 quart.

Make a well in the center heaping the flour high as possible about it, pour in one-half cup of yeast.

Warm milk one-half pint.

White sugar 1 tea-spoonful.

Butter 1 table-spoonful.

Salt 1 tea-spoonful.

Stir it in gently with the yeast, preventing it from running over the flour. Place it in a warm place, at noon mix it and knead thoroughly, add more flour if needed; let this sponge rise until an hour before you want to bake the rolls, work it over again, roll out one-half inch thick, cut into strips 4 inches wide and about 6 inches long, roll the two short sides toward each other until they meet, pinch up the ends into the usual form of rolls, rub melted butter over the top to give them a nice brown, when baked. Place them in the pan so they will not touch each other. Allow them to stand an hour and then bake in a quick oven. The above have all been proven good and any one following the rules will find them very satisfactory.

HOP YEAST.

To make the yeast, first wash, peel, and slice up what will make one and one-half pints of potatoes. Tie up in a cloth a good handful of hops and boil the hops and sliced potatoes together. Take out the hops and squeeze out all the water

from them, then drain off the water for use. Mash the potatoes again with the water in which they boiled. Take 3 heaping table-spoonfuls of flour and pour upon it 3 quarts of boiling water as for making starch. Now add 1 cupful of sugar, two-thirds cupful of salt, one table-spoonful of good ginger ground, and stir well and mix with the potato mixture. When only milk warm add one cupful of brewer's yeast, keep it warm until it is light, then put it into a stone jar and cover it well and place in the cellar, so it shall keep cool in the summer and warm in the winter, or not freeze, at least. If the above directions are faithfully followed you will have a superior article of hop yeast.

RICE.

After washing and soaking well until every grain is thoroughly cooked and swelled to its fullest capacity, then salt and set away in cellar to cool. For supper have a well sweetened milk or cream sauce, flavored with lemon or nutmeg. This is splendid for the sick or for children.

CORN-MEAL MUSH.

This dish is as old as the race nearly, and stil many spoil it in making. Take yellow corn-meal nicely sifted, and when the water is boiling hot sprinkle slowly into the boiling water, and cook after all the meal is in for 1 hour at least, but after the meal is all in do not let it cook too fast. It should be stirred almost constantly to prevent its burning.

THICKENED MILK.

Rub 1, 2 or 3 eggs, according to the size of the family, with flour enough to make a lumpy mass, and drop this slowly into boiling milk of the morning milking, to be sure that it is fresh, and when cooked enough set it away to cool, and eat with milk, and sugar added if suited to the taste.

COCOANUT PIE.

Beat 2 eggs with one-half cup white sugar to a froth, and 1 pint sweet milk. Crack the cocoanut and scrape out the soft inside a little, take out the solid white part, and scrape off the brown that peels from the shell. Grate the white part and add a cup of it to the custard prepared as above. No spice should be added, but, if anything, only a little nutmeg. Line a deep pie dish with pie-paste, and fill with the cocoanut custard. No upper crust is necessary. Bake in a quick oven, and be sure and don't bake it too long—just till it thickens and rises up light. Anything that has custard as its chief property should never be baked till the whey separates from the curd.

LEMON PIE.

For 1 pie take 1 large lemon, and peel and slice. The crust being ready upon the plate, put in a large cup of sugar, and place the sliced lemon upon the sugar. Chop the peeling fine and spread it over the sliced lemon, and dust over about 1 spoonful of flour. Then take half a cup of water

and dip it with a spoon over the whole before putting on the top crust. Bake in a hot oven.

LEMON PIE—EXTRA.

Three good-sized lemons.
Eggs 2.
Raisins 2 cups.
Sugar 2 cups.
Water 2 cups.
Sweet cream or rich milk 4 table-spoonfuls.
Flour 2 table-spoonfuls.

Roll the lemon, then grate off the yellow, which contains the flavor, and peel off the white and throw away, because it is bitter. Now cut in two, squeeze out the juice, and chop the pulp and the raisins fine. Beat the eggs, sugar, flour, water and cream together in the order named, and stir in well. A rich paste for 2 pies with 2 crusts being ready, put in the mixture, using the white of eggs as in other cases. To prevent the juice from running out cut an ornamental center to let out the steam. Bake a nice brown. I think there are but few but what will consider them extra good. Molasses or syrup may take the place of sugar, using water only one-half cup, but sugar is the best.

LEMON CUSTARD PIE.

Water 1 quart.
Brown sugar 1 rounding cupful.
Lemons 2.
Eggs 4.

Corn-starch 4 heaping table-spoonfuls.
Salt one-eighth tea-spoonful.
Butter 1 ounce.

Put the sugar in a two-quart basin with the water until it comes to a boil upon the stove, wet up the corn-starch with a little cold water, and as the other comes to a boil stir in the starch and let it boil about 5 minutes, stirring to prevent burning upon the bottom. Then remove from the stove. Pour the white off from 2 of the eggs, and beat up the balance all together, and stir into the pie mixture while it is still hot, the butter and salt to be added at this time. Peel the skin from the lemons and cut the insides very fine into the mixture, and chop up the peel finely also with the chopping-knife, and put in. Then stir all well and set back on the stove for a minute or two, and then dip into the crusts. This amount makes only 2 round pan pies. When done beat the whites of the two eggs several minutes with a table-spoonful of white sugar, and spread over the pies, and brown nicely. This amount makes the pies none too thick to suit most people.

Any one desiring it sourer or sweeter or thinner can vary it to suit themselves.

MINCE PIES.

Boil the beef or tongue until perfectly tender, clear it from the bones, chop it fine, add an equal weight of chopped tart apple, a little butter or fine suet, moisten with cider, wine or brandy,

sweeten with sugar and a little molasses, and add mace, cinnamon, cloves and salt to suit the taste; also raisins, citron and currants. Make the pies on shallow plates, with an opening in the upper crust, and bake for 1 hour in a slow oven.

MOCK MINCE OR CRACKER PIE FOR DYSPEPTICS.

Take 8 good-sized crackers and roll them fine.
Water 1 cup.
Molasses 1 cup.
Brown sugar 1 cup.
Vinegar ½ cup.
Butter ½ cup.
Raisins nicely chopped 2 cups.
Cinnamon finely ground 1 small tea-spoonful.
Alspice finely ground 1 small tea-spoonful.
Cloves finely ground 1 small tea-spoonful.

Make 3 pies. Before putting on the upper crust wet around the outer edge of the bottom one with the beaten white of an egg, which by pinching cements the two crusts together, preventing the juice from flowing out. This plan will hold good with any juicy pie.

MOCK MINCE PIE WITH EGGS.

There may be some who would like to use eggs as follows:

Crackers powdered fine 6.
Sugar 1 cup.
Molasses 1 cup.
Vinegar one-half cup.

Butter one-half cup.
Raisins chopped fine one-half pound.
Eggs 2 beaten in the place of water.
Spice to taste.

ORANGE PIE.

For 1 pie take 3 oranges, peel and slice. The crust having been put upon the plate, sprinkle over the crust 1 small cup of sugar, then place the sliced oranges upon the sugar and add a very little water, to make it sufficiently juicy; put on a top crust as directed in Mock Mince, above, and bake to a nice brown. This will be found to be a very nice pie and not very expensive.

PUMPKIN PIE.

Choose the very best pumpkins that can be found, take out the seeds, cut off the rind and then cut the pumpkin in thin narrow strips or bits, stew over a moderate fire, with a little water, just enough to keep it from burning, until soft. When sufficiently cooled, rub through a sieve, sweeten with sugar; the sugar and eggs should be beaten together. The flavoring requires ginger, nutmeg, and salt. To 1 quart of pumpkin add 1 quart of milk and 4 eggs for ordinary richness. Heat the pumpkin scalding hot before putting it upon the crusts to bake; otherwise the crust will be soaked. Bake in a very hot oven.

TART PIES.

Stew the the apples, peaches or cranberries, and strain when soft, grate in lemon peel and add sugar

to suit taste. To make the pies cut smooth, add a beaten egg for each pie. Make an under crust of pastry, put upon it the fruit, ornamented with a rim and narrow strips of pastry. As soon as the crust is done remove it from the oven.

ALL-THE-YEAR-ROUND PUDDING.

Line a basin with pie paste and spread on 3 table-spoonfuls of any fruit jam. Have beaten together bread crumbs 3 ounces, sugar 3 ounces, and butter 3 ounces; the rind grated, and the juice of a small lemon.

Add all to the jam and bake one-half an hour. To be eaten with any sweet sauce.

CHARLOTTE PUDDING FOR DYSPEPTICS.

Line a well buttered dish with evenly-cut slices of bread, removing the crust. Stale bread is to be preferred. Reserve 2 circular slices for the bottom and top, and butter the slice only on the side touching the dish. Have ready some stewed tart apples, cooked with as little water as possible, and sweeten and flavor with lemon and nutmeg. Fill the dish with the apple-sauce, stirring in a teaspoonful of butter. Put on the circular cover of bread, well buttered on the upper side. Press it closely upon the apples. While the pudding is baking cover it with paper for half an hour, and then remove the paper and allow the top to get nicely brown. When done loosen the bread from the dish with a knife, and turn out the form care-

fully. To succeed it is necessary to have the oven quite hot, so that every part of the charlotte is well browned. The top may be covered with icing or pulverized sugar. Serve with either hard or soft sauce.

This pudding is delicious, comparing well with the richer puddings, and is one over which the dyspeptic may laugh and be merry. It may be made of uncooked apples, if fine, tart ones. Peel and core, and pack closely in the dish, filling it with cut pieces. Flavor with pieces of citron, lemon or slices of lemon and sugar. Allow 2 or 3 hours for baking.

CUP PUDDING.

Flour 2 cups.
Beef suet 1 cup.
Milk, molasses or syrup 1 cup.
Raisins 1 cup.
Currants 1 cup.
Cream of tartar 4 tea-spoonfuls.
Soda 2 tea-spoonfuls.
Salt 1 tea-spoonful.

Chop the suet fine, put the cream of tartar and soda into the milk and molasses, then sift in the flour, stirring thoroughly, and add the suet, fruit and salt, mixing thoroughly. If you have a steamer steam it 2 hours in a basin; if no steamer, put it into a bag, boiling the same length of time, not putting it into the water until the water boils. Serve with your customary sauce. It will be

found very light and nice if done correctly, although no eggs are needed.

CUSTARD PUDDING WITH INDIAN MEAL.

Scald 3 heaping table-spoonfuls of sifted Indian meal into 1 quart of boiling milk. When remove from the fire add 1 tea-spoonful of salt, 4 table-spoonfuls of sugar, and 1 table-spoonful of butter. Stir together in a little milk 1 tea-spoonful of strong ground ginger, 1 grated nutmeg, 1 tea-spoonful of ground allspice, and 1 of cinnamon. Add this to the pudding. Three eggs well beaten must be stirred in last. This pudding requires a hot oven. Bake 1 hour. When properly done it will have a jelly around the edge, and the custard will be thoroughly blended with the meal.

INDIAN MEAL PUDDING BOILED.

Sour milk or buttermilk 3 cups.

Sifted Indian meal 3 cups.

Flour 1½ cups.

Sugar 3 table-spoonfuls or molasses 1 tea-cupful.

Eggs 1.

A little salt.

Soda dissolved in milk 1 tea-spoonful.

Dip the pudding bag into boiling water, then dust the inside with flour, tie it up, allowing a small space for it to swell, and put in a kettle, having a table plate in the bottom, and water suf-

ficient to cover already boiling before the pudding is put in. Boil 2 hours. On taking from the kettle immerse it for a moment in a pan of cold water. Then serve with cream and sugar. It is good also eaten cold.

INDIAN PUDDING BAKED.

Milk 1 quart.
Molasses 1 pint.
Eggs 6.
Suet chopped one-half pound.
Indian meal 6 cups.
Cinnamon 1 tea-spoonful.
A few apples.

Warm the milk and molasses together, beat and stir in the eggs, mix the suet with the meal, pouring in the milk and molasses, and then slice in the apples. Bake 1½ hours, according to the heat of the oven.

NO. 2.

Scalded milk 3 pints.
Flour 1 good handful.
Eggs 3.
Molasses one-half tea-cupful.
A little salt.
Indian meal to make like batter for pan-cakes.
Then bake in a hot oven.

POOR MAN'S INDIAN PUDDING.

Sweet milk scalded 1 quart.
Molasses 1 cup.

Salt one-half tea-spoonful.

Ginger one-half tea-spoonful.

Stir in 7 heaping table-spoonfuls of Indian meal.

Bake 2 or 3 hours. Eat with butter or sugar. This is a good one.

POTATO PUDDING.

Take 6 or 8 large mealy potatoes, peel, boil and mash.

Eggs 6.

White sugar 1 cup.

Butter 1 cup.

Flour 1 cup.

Sour milk 1 cup.

Soda rolled fine ½ tea-spoonful.

Mix the butter with the potatoes while hot; when cool, add the flour, beat the yolks of the eggs and sugar together, then add them and the whites to the potato and flour mixture, then the sour milk, and beat all well and add the soda. Bake in a buttered pan in a moderate oven. Serve hot wine sauce, or other liquid sauce.

RICE PUDDING BAKED.

Milk 1 quart.

Rice before boiled 1 cup.

Butter sufficient—a table-spoonful or two.

Salt to suit.

Sugar to suit.

Raisins to suit.

Bake. This may be made from rice left over from a previous meal, and any spices may be used

if desired. This is for those who do not like eggs and but little butter in their puddings; those who like the eggs and more butter will take the following:

RICE PUDDING.

For a good sized family boil a sufficiency of rice until it is perfectly soft then add

Butter one-half pound.
Sugar one-half pound.
Eggs 4.
Nutmegs 1,
Wine to suit.
Bake.

SUET PUDDING.

Suet chopped fine 1 cup.
Raisins chopped fine 1 cup.
Sweet milk 1 cup.
Molasses 1 cup.
Salt 1 tea-spoonful.
Soda ½ tea-spoonful.
Flour sifted to make a batter as thick as for pound cake.

Boil in a bag, or else steam it. Dried cherries or dried berries make a good substitute for raisins.

ORANGE AND COCOANUT MERINGUE PUDDING.

In cases where it is not convenient to have a cooked pudding, a simple and delicious meringue may be made as follows:

Sweet oranges peeled and sliced 1 dozen.

Grated cocoanut 1.

Powdered sugar ½ pint.

Spread a layer of the orange in a glass dish, scatter the cocoanut and sugar over as before; fill up the dish in this way, having cocoanut and sugar for the top layer. Cut through in sections with a sharp knife, when serving. This is very nice even if you could have had a cooked pudding.

SWEET PUDDING.

Suet chopped fine 1 cup.

Raisins chopped fine 1 cup.

Sour milk 1 cup.

Eggs beaten 3.

White sugar 1 cup.

Soda 1 tea-spoonful.

Salt one-half tea-spoonful.

Flour enough to make a stiff batter.

Steam 2 hours. Eat or serve with liquid sauce.

LIQUID OR DIP SAUCE FOR PUDDINGS.

Sugar, butter and flavor as above.

Water 1 pint.

Flour 3 tea-spoonfuls.

Bring the water to a boil. Having rubbed the flour smooth with a little cold water, stir it in and add the butter and sugar, and just before serving add the flavoring extracts.

If it is desired to use wine or brandy in pudding sauce, use less water, and when flavoring extracts are added put in wine 4 ounces, brandy 3 ounces.

SPREADING SAUCE FOR PUDDING.

Sugar 2 cups.

Butter 1 cup.

Beat together and flavor with extract lemon, vanilla or nutmeg, or grated nutmeg, as you choose. The juice of 1 lemon will be an improvement.

ORNAMENTAL SAUCE FOR PUDDINGS.

Whites of 4 eggs.

Strawberry or blackberry jam, or the preserved fruits, 1 cup.

Beat the whites to a froth and stir in the fruits, and beat the whole well together. The fresh fruit may be used by using a sufficiency of sugar and beating well together. Served by dipping over puddings, creams or blanc mange.

TOMATOES TO DRY FOR WINTER USE.

Small size but quite ripe tomatoes are to be chosen. Wash and scald them with boiling water, then peel and squeeze slightly to remove a little of the juice, after which slice them and dry in tins in the oven to prevent souring. For use soak a while and then stew or cook as fresh.

TOAST WITH INDIAN BREAD.

Place 2 quarts of milk over the fire. When it boils add a spoonful of flour to thicken, a teaspoonful of salt, a table-spoonful of butter, and 2 table-spoonfuls of sugar. Have ready in a dish 6 or 8 slices of Indian bread toasted, and pour the mixture over them and serve hot.

SWEET POTATO BALLS FOR FRYING.

First boil the sweet potatoes, and then carefully mash the farinaceous or soft part. Boil in the meantime 1 pint of milk, putting in a little lemon peel, a table-spoonful of sugar, and one-half tea-spoonful of salt. When the milk boils take it off the fire and add the potatoes, so as to form a paste, or rather a tolerable thick mush. When cool make it into balls, and cover these with crumbs of bread and yolks of eggs. Fry them to a nice brown color, and serve them up with sugar strewn over them.

JUMBLES.

Flour sifted 1 pound.
White sugar ¾ pound.
Butter one-half pound.
Eggs 4.

Make the dough as soft as you can knead it, and then take off small pieces and roll with the flat of the hand upon the table into long, round rolls, and cut off into pieces about 6 inches in length, formed into a circle, pressing the ends together. Lay them upon pulverized sugar. Keeping the sugar side up, put into tins and bake only until slightly browned.

TOMATO SOUP—EXCELLENT.

Nice, ripe tomatoes, peeled and cut fine, 1 pint to each quart of water necessary to make as much soup as will be required for the family, and 1 pint of sweet milk for every pint of tomatoes, with salt

and pepper to taste, and a little butter. Boil the tomatoes in the water until perfectly soft and dissolved, and then add the milk, salt, pepper and butter just before serving.

MEAD.

Honey 3 gallons.
Water 1 barrel.
Oil of nutmeg 1 ounce.
Oil of lemon 1 ounce.
Yeast 1 quart.

Bring the honey to the boiling point, being careful to lift it off at this time, so it shall not boil over, and pour it into the barrel, and in 30 minutes add 1 gallon cold water and the oils and yeast, and then fill up the barrel with water. After fermentation it will be ready for use.

BREAD—GOOD.

For 4 or 5 loaves take

Yeast one-half pint, put it into a 6-quart pan in which is 1 quart of warm water.

Add salt 1 teaspoonful.

Baking soda one-half tea-spoonful.

Flour sifted in to make the consistence of batter.

Cover up, and if not too cold may stand on the table; otherwise place it where it will keep moderately warm, and in the morning after breakfast it will be light; now add lard 1 table-spoonful, then sift in flour and stir with a spoon until it can be put out on a bread board, and continue to work in more flour until it has been brought to the proper

stiffness for baking; divide into 5 loaves, place in a warm place for 1 hour or until it rises, then bake —and if you follow the rule you will have nice bread.

RAISED BISCUIT.

Milk 1 pint.

Egg 1.

Butter two table-spoonfuls.

Sugar one-half pound.

Baked potatoes 2, good size, scraped out and mashed.

Salt 1 tea-spoonful.

Yeast about 1 tea-cupful.

Flour enough to give it the right consistence.

Mix all and let it stand over night; in the morning mix by hand with as little additional flour a possible. This will make about 3 pans of very nice biscuits. If a plain biscuit is desired leave out the sugar.

CRANBERRY SHORT-CAKE.

Butter one-half cup.

Sour milk 1 cup.

Soda 1 tea-spoonful.

Salt one-half tea-spoonful.

Flour to make the consistency of biscuits.

Bake in a tin. Split in halves while warm and butter both sides (that is both pieces.) Stew one quart cranberries, sweeten, put between and on top of the layers. Eat with sugar and cream.

LEMON SAUCE FOR CAKE.

The whites of 2 eggs beaten to a froth.

Sugar 1 cup.

Butter one-half cup.

Take one lemon, grate it and take out the seeds, cream the butter and sugar, then add the eggs and lemon. Stir this well, then add 6 table-spoonfuls of warm water, put it in to steam until thick, and serve hot. If the cake is stale, steam it also. Cut into thin slices and pour the sauce over it.

LEMON CAKE.

A delicious lemon jelly cake which will keep well and which is in fact better after it has been kept for a week, is an easily obtained luxury.

Sugar 2 cups.

Butter one-half cup.

Milk 1 cup.

Eggs 3.

Baking powder two and one-half tea-spoonfuls.

Flour 3 cups.

This makes 5 layers. For the jelly, use the grated rind of 2 large lemons, and the juice also.

Sugar 1 cup.

Eggs 1.

Water one-half cup.

Butter 1 tea-spoonful.

Flour 1 table-spoonful mixed with a little water.

Boil until it thickens and then place between the layers of cake.

QUICK CAKE.

Sour milk one and one-half cups.
Eggs 4.
Sugar 1 cup.
Butter one-half cup.
Baking powder 1 tea-spoonful.
Flour 4 cups.
Mix and bake in a quick oven.

COOKING DIVISION.

CREAM OF RICE SOUP.

Two quarts of chicken stock (the water in which fowls have been boiled will answer).

One tea-cupful of rice.

A quart of cream or milk.

A small onion.

A stalk of celery.

Salt and pepper to taste.

Wash the rice carefully and add to chicken stock, onion and celery. Cook slowly 2 hours. It should hardly bubble.

Put through a sieve, add seasoning and the milk or cream, which has been allowed to just come to a boil. If milk, use also a table-spoonful of butter.

TURKEY SOUP.

Save all the bones and break the back-bone into 2 or 3 pieces. Boil these in a little more water than you want soup for an hour. Then skim out the bones, and put in the meat. Cut in very small pieces, and boil a few minutes more, and then season with a little salt and pepper.

SUET CRUST.

Flour 1 pound.
Beef suet 6 ounces.
Baking powder 1 tea-spoonful.
Salt 1 tea-spoonful.
Cold water one-half pint.

Chop the suet very fine, mix it with the flour, and sprinkle over all the salt and baking powder. Make a hole in the center, into which pour the water by degrees, mixing in the flour from the sides while pouring in the water. Knead all lightly together, and roll out to the thickness of half an inch. Use this for a meat crust, or put into the center of it any fruit you have—chopped apples or lemons or canned fruit. Tie up in a cloth and steam or boil for 3 hours.

MOCK TURTLE SOUP.

Take half a calf's head, fresh and stripped of skin, remove the brains, and clean the head carefully in hot water, leaving it in cold water for an hour. Then put into 6 quarts of warm water, with 2 pounds of veal, 2 pounds of pork, a roasted onion, stuck with cloves, a rind of lemon, 2 sliced carrots, a bunch of herbs and a head of celery. Let it boil slowly 2 hours, and then take out the head and pork. Make forcemeat ball of the brains and tongue, break the bones of the head and put all into the soup and boil 2 hours more. Put into a small stew-pan a piece of butter, onions sliced thin, with parsley, mace and allspice. Add

flour to thicken, and stir in soup slowly. Boil gently 1 hour more, pass through a sieve, season with salt, cayenne pepper, lemon juice and a pint of Madeira wine. Add mushrooms if desired, and serve with lemons cut in quarters.

VEGETABLE SOUP.

Scrape 2 carrots, 1 onion, ¼ of a cabbage, and 2 turnips, cut them in pieces a little larger than dice, put the pieces in a large sauce-pan with a little butter and water, let it cook one-half an hour then cut your potatoes the same way; take your meat out of the soup kettle, skim off the grease and put all into your broth, and let cook another half hour, when it is ready for use.

TOMATO SOUP.

Take 1 pint canned tomatoes, or 4 large raw ones, cut up fine, add 1 quart of boiling water, and let them boil, then add 1 tea-spoonful of soda, when it will foam immediately; add 1 pint of sweet milk with salt, pepper and plenty of butter; when this boils add 8 small crackers and serve. It tastes very much like oyster soup.

TURKEY SOUP.

Put all the bones, the scraps of meat, and the dressing of the turkey in a kettle with enough water to cover them, let it boil for 2 hours. When nearly done add the tops of some celery chopped fine and a tea-spoonful of currie powder; when it is done, strain and set on the table hot. It makes a very rich, nice dish.

WHITE SOUP.

Boil a veal bone 3 hours with turnips, celery, onions, carrots, and whatever suitable thing else you have that will not make it black, strain and boil again. Just before you serve it add a pint of cream or milk, with 3 eggs well beaten, remove from the stove and stir rapidly.

CHEAP OYSTER SOUP.

Tomatoes canned or fresh 1 pint.

Nice white cod-fish picked up fine 1 cupful.

Water 3 pints.

Good sweet butter a small table-spoonful.

When these have boiled 20 minutes, add of fresh milk 1 pint, having ready one-half tea-spoonful of baking soda; use immediately. The taste is similar to oysters or lobsters; all taste of tomatoes and fish are gone.

BEEF SOUP.

Cut the meat off the bone, and place it with some suet in the kettle to fry until brown; then put the bone in and cover with cold water, add one-half cup of barley, 1 onion, and a turnip, put in the barley at once and cook slowly until about one-half an hour before dinner, then cut the vegetables very fine and cook them the half hour.

NOODLE SOUP.

Break two eggs into a bowl, beat until light, adding a pinch of salt, then work in flour with your hand until you have a very stiff dough, turn it on your moulding board and work until it is as

smooth as glass, pinch off a piece the size of a walnut and roll it as thin as paper, then with a sharp knife cut off very narrow strips; proceed in the same way until all your dough is cut. Have prepared some good veal, chicken, or any other kind of broth, well seasoned; one-half an hour before you serve dinner drop in the noodles; be sure the soup is boiling; add a little parsley. If the noodles are made according to directions they will be found far superior to macaroni.

TOMATO SOUP.

Put a table-spoonful of butter in a stew-pan, cut an onion fine and fry in the butter, then add 1 pint of tomatoes, pepper, salt and a tea-spoonful of allspice; cut a round steak in two and lay on the tomatoes, cover closely and let it simmer for 3 hours.

DELMONICO'S METHOD FOR BOILING FISH.

Fish should be washed as little as possible, and white fish, after being cleansed and wiped with a damp cloth, should have the stomach stuffed with salt an hour or two before cooking. Fish should be put on in cold water, so that the inner part may be sufficiently done, and it is also less liable to break.

This rule holds good except for very small fish, or for salmon boiled in slices, when boiling water should be used. The time may be easily known when it is ready by drawing up the fish plate, and

trying if it will separate from the bone. A little salt and vinegar should always be put into the water. Some prefer their fish boiled in what is called a court vouillon, and this is how it is done:

Lay the fish in the kettle with enough cold water to cover it, add a glass of wine or vinegar, some sliced carrots and onions, pepper, salt and a laurel leaf, a bunch of parsley, a fagot of sweet herbs, or some of the same tied up in a muslin bag. These seasonings impart a fine flavor to most boiled fish excepting salmon, and for fresh water fish it is considered very fine for getting rid of the muddy taste they often have.

BOILED FISH.

After well cleansing a good-sized fish, put into a fish kettle and set into a pot of boiling water, well salted. Let it boil for 20 minutes. Take of vinegar sufficient to cover, put into the vinegar 1 ounce of cloves, 1 ounce of allspice, and 1 ounce of pepper whole, and boil all together for 15 minutes. When nearly cold pour over the fish. Let it stand for 2 or 3 hours before using.

BAKED FISH.

Scale, wash and wipe dry inside and out a 2 or 3 pound fish. Make a stuffing as follows:

Grated bread 1 pint.
Melted butter 2 table-spoonfuls.
Pepper and salt to taste.
Raw eggs 1.
A little celery.

Onions 1 (chopped fine is agreeable to some, but can be omitted if not liked).

Care should be taken not to wet the bread crumbs. The egg and melted butter will moisten sufficiently. Tie over the fish thin slices of salt pork, fill a dripping-pan half full of hot water, and then, if you have not a wire grate, place the gridiron on the pan, and, after laying the fish on the gridiron, cover all with another pan, bake in a hot oven, until the pork is well shriveled, then remove the upper tin, allowing your fish to brown. An hour and a half will cook thoroughly if a steady fire is kept.

NO. 2.

First dip the fish quickly in boiling water, then wipe the scales off, rinse in cold water, and wipe it dry. Sprinkle salt both inside and out, about as much as you would for steaks, then dip it in flour, place the pan you are going to bake it in in the stove, with a piece of butter in it the size of an egg, and let it melt so that it covers the pan. Your pan should be about the length of your fish. If larger the butter will be apt to burn. Place your fish in it, the inside of it next to the pan. Put it in a hot oven and bake 1 hour if it is a large fish; if small, less time. It should be well done and of a nice brown color.

NO. 3.

Skin and bone the fish by running a sharp knife along the back. Spread over a dripping-pan a

thin layer of butter, and half an onion in thin pieces. Lay the fish upon it, and pour over it 1 table-spoonful of vinegar or catawba wine.

For the sauce rub butter the size of a walnut and flour together. Add a cup of the broth or hot water, the juice of the fish, 2 or 3 mushrooms if you have them. Turn this mixture over the fish, dust with bread crumbs, salt and pepper, and bake 10 minutes, or until a little brown. Garnish with pieces of bread cut heart-shape.

NO. 4.

Clean, and dry with a towel, and put belly to back in dripping-pan, into which you have previously cut up two slices of salt pork, in inch pieces. Make a stuffing as for veal, stuff, putting only a little in; now pour over the fish a table-spoonful of lemon juice or good vinegar; after a little, baste with a little soup broth. Don't let the fish dry all up, and do not put a drop of water on it. Make your sauce as for veal cutlets, omitting the lemon juice, but add one-half cup of milk and cut two hard boiled eggs into it; when done also add the fish juice. A little parsley chopped fine in the sauce is good. Garnish with hard boiled eggs and little sprigs of parsley mounted with little carpels of lemon.

NO. 5.

Take bread crumbs sufficient for the size of the fish, beat two or three eggs, pepper and salt, add one bunch of parsley, fresh and chopped fine, mix

all together well, add a small piece of butter, put all into the fish and sew up. If any of the dressing is left put into the bake pan; add a pint of boiling water, put into a hot oven, baste every 15 or 20 minutes, for an hour, when it will be well cooked and nicely flavored.

NO. 6.

Buy a two-pound fish. If the gills are red, eyes full, body firm and stiff, the fish is good. Scale it, cut off the head, and split the fish nearly down to the tail. Make a dressing of bread crumbs, a little butter, pepper, and salt slightly moistened with water; stuff the fish with this, then bind it together with fine cotton cord or tape, three inches apart; lay the fish on a wire gridiron in a dripping-pan, and pour around it a little melted butter and water; with a spoon dip this up and pour over the fish frequently. Bake 1 hour. Serve with the gravy, of the fish or drawn butter.

FRIED FISH.

When the fish is properly cleansed, instead of putting it into a small quantity of fat or grease, wipe dry, then rub with plenty of salt and pepper, let it lay on an hour or two before using; roll in corn-meal or flour; have ready fat sufficient for it to swim in, the fat must be boiling hot; put the fish in whole or cut in pieces. It will come out nicely browned, and not filled with fat as in the ordinary way of frying.

NO. 2.

The artistic mode of frying fish is what is called the wet process, which is simply boiling it in fat. Butter should never be used as the color is never good. Lard is considered by some the best frying medium, but Careme, the French cook, gives the preference to beef fat, not however the drippings from the roast, but lard made by melting beef suet. We recommend as best and most economical the drippings from the joints while roasting poured into boiling water, and removed in a cake when cold; the great point is to have the fat at a proper temperature, before the article to be fried is put in. The skilful cook can see the blue smoke rising just at the boiling point, and then she knows it is time to put in her fish, but for those who are acquiring experience, it is safer to throw in a bit of bread, and if it takes a fine color in a minute or so then the fat is hot enough and the fish may be put in. This is the cardinal point of successful frying, as otherwise the fish will be flabby and greasy, instead of crisp and appetizing. Another point to be attended to is, that the fat be deep enough in the pan to cover the fish, which should be put in a wire basket that will fit easily into the pan of fat, and then no turning is required. When done strain it into boiling water; when cold take it off in a cake and put it by to fry fish again.

STEWED CODFISH.

First be sure to pick the meat off from the

bones, then let it stand in water for 15 minutes, and then take out of the water and boil in milk. To make the quantity you may need beat 3 eggs and put into a pint of milk a piece of butter half the size of an egg, and thicken this with a tablespoonful of flour stirred up with a very little water. As soon as it boils it is done.

CODFISH BALLS.

Cut up the fish in fine bits enough to make 2 even pints, remove every bone, pour cold water over it to rinse it, and soak in cold water 1½ hours, and then draw the water off. Put it cooking with sufficient boiling water to cover it.

Let it simmer, not boil, for 20 minutes. Then drain the water all off, pour in 1½ pints new milk. Add a lump of butter the size of a hen's egg. Take half a pint of milk and rub into it 3 tablespoonfuls of flour. Every lump must be dissolved. Stir in 2 eggs well beaten, and a little black pepper. When the milk boils up stir in this mixture. Cook 5 minutes longer, stirring the most of the time. Serve immediately in a warmed vegetable dish. This quantity will be sufficient for a family of six, and enough left for codfish balls.

NO. 2.

Pick up fine a tea-cupful of nice white codfish, freshen over night in water. Pour away this in the morning. Add one-half tea-cupful of fresh water, 1 large spoonful of butter, and 2 eggs. Beat all well together and heat till hot, but do not boil. Mash

and season nicely some potatoes, stir into the codfish mixture until stiff enough to put in flats cakes, and fry in hot butter until they are a nice brown. Should be turned once.

NO. 3.

After dinner take the mashed potatoes (of which there should be a double quantity prepared for dinner) and fish that is left, using one-third fish and two-thirds potatoes. Stir and beat them together while warm till evenly mixed. When cold (for the mixture will be so soft it cannot be handled while warm) make them into cakes three-quarters of an inch thick, and as large around as a tea-cup. Put them in a cool place for breakfast. In the morning roll them in flour, and have plenty of flour in the frying pan, just hot enough not to burn. Fry quickly to a nice brown on both sides. Turn carefully, that they may keep their shape. Serve as soon as done.

NO. 4.

Take of nice white codfish about 2 pounds. Put into a kettle with sufficient cold water to cover the fish, and let it boil till perfectly tender, and then remove to a pan of cold water. The fish can then be easily separated from the bones, skin, etc. Place in an earthen or bright tin mixing pan, and mash fine with about double the quantity of nicely steamed potatoes, and 3 or 4 slices of light bread crumbed or previously soaked in milk. Add 2 eggs and a cup of butter, with black pepper to

suit taste. Mash and mix thoroughly, and make as moist as is wished with sweet milk. It is sometimes necessary to add a little salt. Make into flat balls and fry in hot lard, as you would mush. This mixture will keep in cool weather several days.

NO. 5.

Take half a codfish, put in a pot, and fill with cold water at night. In the morning pour off the water, and fill up with fresh water. Stand it on the back of the stove for 3 hours. Let it come to a scalding heat, not boiling. Take off the skin and pick out the bones, and put it in a tray and chop fine. Have potatoes boiled, and chop with the fish. Double the quantity of potatoes to the fish. Mix well together, and make in balls with the hands, flattening them a little. Have your frying-pan hot, with a tea-spoonful of lard. Fry to a nice brown.

BECHAMEL SAUCE.

This sauce is good for almost everything, such as carrots, turnips, asparagus, fish, and, with sugar and wine or brandy added, is good for steamed puddings, cake pudding, rice, etc. Mix cold and well together in a tin sauce-pan 2 ounces of butter, and a table-spoonful of flour. Then add a pint of milk and stir continually, and when thickened take off the fire. Beat the yolk of an egg in a cup with a tea-spoonful of water. Turn into the sauce and mix well. Salt a little and pepper for vegetables; for puddings, nutmeg and brandy or wine.

SAUCES FOR FISH.

To serve with fish:

Vinegar 1 cup.

Water 1 cup.

Yolks of 2 eggs.

Butter 1 large spoonful.

Mustard and corn-starch blended 1 spoonful.

Sugar, salt and pepper.

Mix all cold.

Heat it gradually and boil for 1 minute. This dressing is also nice when cold with salmon, lobsters, lettuce, etc.

NO. 2.

Take a pint of milk and the fish drippings mixed, and a little salt and pepper. Mix until smooth 2 ounces of butter and 2 tea-spoonfuls of flour. Stir into the liquid when boiling, having ready a hard-boiled egg chopped fine to add when ready for the table.

POULTRY.

BROILED CHICKEN.

Split down the back, pound lightly, and put on the gridiron. Lay a tin baking pan over the chicken, and set on the pan a flat-iron. The weight will hold the bird in place and keep in the juice. Chickens cooked this way will be tender and eat well warm or cold. Serve with hot apple sauce.

FRIED CHICKEN.

Cut your chicken to pieces according to the size. If very young, just in half; if good size, divide at the joints. See that it is thoroughly cleaned. Wipe it with a clean bit of muslin. Beat up 2 eggs. Have a plate of flour, and dip each piece first in the flour and then in the egg. Season with salt and pepper. Here pour lard hissing hot in your skillet, put your chicken in, and when brown on one side turn it and brown the other. Place upon the platter- Mix a tablespo nful of flour smoothly in a cup of sweet milk. Pour it into the fat, stir, boil a few minutes, and pour it over the chicken, and I guess anybody will think it pretty good. Veal cutlets can be fried in the same way.

BONED TURKEY.

First make the stuffing to suit the family taste. Tenderloin not too lean is good; chop it fine. A tea-cup of cracker crumbs, 2 eggs, a pint of oysters, some summer savory, pepper, and salt; mix all well. Now for your turkey; it being well cleaned and singed, be careful not to break the outside skin, cut off the legs, so as to cut all the tendons where they join the drum-sticks, cut the first joint from the wing, leave a good length of skin for the neck, every bone must be taken out from the side. Beginning with the legs, cut each ligament at the side bone joint, strip the knife close along the bone, so as to cut the flesh clean off,

and draw the bone out. When both legs are boneless, follow along the back, breast and wings. The neck is more difficult, but get it out nicely as you can. Now your turkey is one shapeless lump, but begin stuffing at the neck, from the inside, having tied the skin securely to prevent escape, fill out the wings, breast, body and legs; now sew up the skin, bandage it in a shapely manner, with strips of muslin, not too light for fear of the stuffing swelling and bursting the skin; salt and pepper the outside and steam until perfectly tender. If it is an old chap, steam it 4 or 5 hours. When done put a tin plate and a couple of flat-irons on to press until cold, then cut in nice thin slices.

NO. 2.

Buy a turkey, one that has not been drawn, so as to have no openings in it if possible; if drawn, sew up the openings firmly before boning.

Chickens 2.

Beef tongue 1.

Oysters 1 can.

Fresh lean side pork 1 pound.

Have the turkey frozen and thawed; the tongue boiled and skinned; the pork roasted; the oysters taken out of the liquor; the chickens cut in small pieces, and put on to boil with just water enough to cover. Lay the turkey on its breast, cut off the legs and wings at first joint, cut down the whole length of the back, and with a sharp knife, scrape the meat at each side, from the bones, throw the

bones in with the chickens to boil. Now for the filling: First lay the whole tongue to form the breast, clear all the chicken meat from the bones, cut the pork in small pieces, fill up your turkey, legs, wings and all (first tying ends of legs and wings tight), with chicken, pork and oysters, and a little dressing; have the chicken liquor well boiled and seasoned, strain it into the turkey and it will form a jelly. Sew up the turkey firmly, turn it over and shape it nicely with the hands, tie a cord tightly to the neck, and draw it round and tie it tigh ly to the right wing close to the body, tie down the legs and wings, inserting skewers if you have them, sew around it a piece of strong cloth, and steam or roast, and leave the cloth on till cold. Carve cold in round, thin slices commencing at the neck.

BOILED GOOSE.

Dress and singe, put in a deep dish, cover with boiling milk and leave over night; in the morning wash off the milk, and put the goose into cold water on the fire. When boiling hot take it off, wash it with warm water and dry with a cloth. This process takes out the oil. Fill the body with a dressing of bread crumbs, seasoned with pepper, salt, butter and chopped onions, if relished, and a little sage. Put the goose into cold water and boil gently until tender. Serve with giblet sauce, and with pickles or acid jelly.

NO. 2.

Cook 4 calves feet in 3 quarts of water, slowly boil down and strain it. Now put the goose in a pot, pour over it the broth of the calves feet and enough water so that the goose is well covered by it; add some vinegar, spices, salt, onion, and the half peel of a lemon, cover it and boil slowly till the goose is soft; let it cool off in the broth. Take out the goose after it is cold, cut all the meat off the bones and lay it nicely in a deep dish. Take all the fat off the broth, taste it, and add more vinegar and salt if necessary, let it run through a cloth and pour it over the meat. It will be nice and stiff after 24 hours. Eat it cold with bread or crackers.

If you can get gelatine it will be so much simpler to prepare it. Boil the goose in water, vinegar and spices as above; after the goose is soft add 3 ounces of gelatine dissolved in cold water, and proceed just as before. The toughest meat will get tender, if boiled with vinegar. American cooks always steam the goose before roasting. Try it once without steaming; rub it with salt inside and outside, put a little water in your frying-pan and roast it in a hot oven 2 or 3 hours, according to the size, and if it is a young goose you will find it superb.

PRESSED CHICKEN.

Boil 1 chicken until tender. Chop fine, season well with pepper, salt and butter, and put into a

cloth. Put a weight upon it, and press it like head-cheese.

NO. 2.

Boil fowls until tender. Remove the meat from the bones and chop very fine, keeping the dark and the white meat separate. Boil the liquor down until it will jelly. Place in a deep buttered dish a layer of the dark meat, season with salt and pepper, and cover with the liquor. Then a layer of white meat, season, and cover with the liquor. Use the liquor when cold. When full put a weight on it, and it will mould firmly.

NO. 3.

Boil a chicken thoroughly, skin it, and pick it to pieces. Season with salt and pepper, put in a bag, and place under a press. Let it remain over night, and next day it will be ready for use.

CHICKEN PIE.

Make the crust like baking powder biscuit, only a trifle shorter. Roll a half an inch thick, and line a four-quart pan with it. Have ready 2 small chickens boiled till tender. Place the pieces smoothly in the pan, sprinkle salt and pepper and a little flour over them, and add a few pieces of butter the size of a hazel-nut, about a large tablespoonful in all. Pour on a little of the liquor they were boiled in, and then roll the top crust rather more than half an inch thick. Cut large stars or air-holes in it. Bake till the crust is thoroughly done.

FRIED CHICKEN WITH OYSTERS.

Take a nice, tender chicken and open it down the back, and, after cleansing it well, pound all the bones flat, and wash and wipe it dry on a clean towel. Then season with pepper and salt and fry slowly in sweet lard until tender and a fine brown on both sides. Then put it on a dish where it will keep warm. Pour off the lard in the pan and brown particles that may remain, and then half a pint of warm water and flour enough to make the gravy of the proper consistency. Have ready about 25 large oysters, which remove from their liquor, and put into the pan with the gravy. Let them simmer until their gills begin to shrivel, observing to stir them all the time. When done pour them over the chickens, and send them to the table hot.

CHICKEN PIE.

Cut up the chickens by unjointing them. Soak thoroughly in weak salt water, wash thoroughly, and put 3 chickens into a kettle with 2 quarts of water and 3 tea-spoonfuls of salt. Boil half an hour. Make a crust by rubbing half a pound of lard into 2 quarts of flour. Take 2 tea-cupfuls of sour cream and 1½ tea-spoonfuls of soda. Knead quite hard, and roll out half an inch thick. A four-quart pudding dish will answer to bake it in. Bring the edge of the crust a little above the rim of the dish, and arrange the chicken by packing closely around the dish. If you are fond of pep-

per sprinkle some over each layer of chicken. Half a pound of butter cut up in lumps and scattered among the meat is a great improvement. When the chickens are all in the dish stir some flour into the gravy and turn over the chickens, and then roll out the upper crust and put over the whole, pinching it closely with the under crust that comes over the rim. Prick the top crust for the steam to escape. Bake slowly for 1½ hours and serve hot. It is delicious.

MEATS.

BEEFSTEAK FRIED.

Take either porterhouse, tenderloin or sirloin steak, not more than 1 inch thick, and remove the bone. Cut it into pieces about the size of the palm of your hand. Have your pan perfectly clean, and put it over the fire with very little lard, or, what is better, the fat of the steak. On no account use butter. Have the pan quite hot, but not smoking. If the pan smokes the grease is burning, which will spoil the flavor of your steak. Remove the pan and wait a little. Have it just hot enough to siss, but not to smoke. Now put in your steak, and turn just as often as it shows brown—once only. Never turn a steak more than once, and do most of the cooking on the second side, leaving it a few minutes for those who like

it rare; longer for those who like it better done. But don't allow it to stay in the pan one second after it is done enough. Remove it to the platter, spread a little nice butter on it, and pepper and salt it. Pour the gravy in the pan into the dish, but not over the meat.

The rules to be observed in cooking are these: Buy the best steak, and never pound it, for pounding bruises the fibre of the meat, and lets the juice escape, and steak without juice is like a woman without a soul—no account. Have the pan just hot enough to cicatrize the outside, which will prevent the juice from escaping. Don't allow it to lay in the hot pan after it is done. This renders it tough, and, finally, do not cook it until the last thing, for standing spoils it. To be good it must be eaten as soon as cooked. If it must stand a little while put it in a warm place.

NO. 2.

Have your skillet very hot, and fry your steak in a very little butter, just long enough to brown each side. Fill up with boiling water, and let it stew 2 hours. Take up the steak, thicken the gravy, season to taste, and pour over the meat.

MOCK DUCK.

Take the round of beefsteak, and salt and pepper either side. Prepare bread or crackers with oysters or without, as for stuffing a turkey. Lay your stuffing on the meat, sew up, and roast about an hour, and, if you do not see the wings and legs, you will think you have roast duck.

TO COOK DRIED BEEF.

Cut in thin slices, place it in the spider, and pour hot water on it. Thicken with a little flour and water stirred smoothly in. Then season with butter, salt and pepper, and boil about 5 minutes, and while boiling break in 2 eggs, and stir all together. Halve and butter some biscuits, place in a deep dish, and pour the mixture upon them.

COLD MEATS.

Remains of boiled ham, mutton, roast beef, etc., are good chopped finely with hard boiled eggs, 2 heads of lettuce, a bit of onion, and seasoned with mustard oil, vinegar, and, if needed, more salt. Fix it smoothly in a solid dish, and adorn the edges with sprigs of parsley or leaves of curled lettuce. Keep by the ice or in a cool place until wanted.

SWEET BREADS.

Wash clean and let dry, and broil on a gridiron or fry in a little butter, pepper and salt, and butter just before they are brought in. If you place them a moment in the oven the seasoning seems to go through them better.

JELLY CHEESE.

Two sets of pigs' feet put into hot, salted water, enough to cover them. Boil slowly until the meat falls from the bone. Then put the feet on a dish and take out all the bones. Cut the meat into small pieces and return to the kettle in which they were boiled, with the liquor, and then season with

salt, pepper, sage, savory and sweet marjoram. Stir all well together, and let simmer slowly for 20 minutes. Then put into deep dishes. When cold cut into slices. Eat cold or hot with vinegar.

BEEF SPICED.

Spiced round: For a small round, say 25 pounds, mix in a jar or bowl that can be covered:

Common salt 2 pounds.
Brown sugar 1 pound.
Ground alspice ¼ pound.
Ground cloves 1 ounce.
Black pepper 2 ounces.
Cayenne pepper 1 tea-spoonful.

A wooden bowl or an unpainted tub that will just hold the round, will be required. Fill the hole from which the marrow bone was taken with marrow or nice fat. Bind into nice shape with strips of cotton and skewers. First rub with a table-spoonful of powdered saltpeter on both sides and in all crevices; leave for 24 hours in a cool dry place that will not freeze, then rub daily with the above mixture for 2 or 3 weeks, turning every two days and ladling its own liquor over it. When ready to cook the round, provide a tin dish that will just hold it. Place small pieces of hard wood under it to keep it from sticking to the tin. Also chop vegetables, carrots, onions, celery tops and suet or drippings; some of these should also be thickly strewed on the top. Cover all with a coarse paste, rolled to keep moist and retain their

flavor and bake 6 hours in a moderate oven. When done, take off the paste cover, remove the vegetables, etc., and put on the round heavy weights, until cool. Slice thinly.

POT-PIE.

Boil 2 or 3 pounds nice fat beef. When nearly done add some potatoes, turnips and a head of cabbage. Cut in 8 or 10 pieces. Season with salt and pepper while cooking. Serve very hot with apple sauce.

HEAD CHEESE.

Clean the legs nicely and boil by themselves, so that when done there will be plenty of the liquor. Boil the upper head, minus eyes, ears and nose, with considerable lean meat (tenderloin is best), and when done remove bones and skin from head and legs, and chop the lean. Salt and pepper to suit the taste. Add the liquor the legs were boiled in, and, last but not least, a tea-cupful of vinegar and a tea-cupful of catsup to every gallon. When cold it can be cut out in slices.

PUDDING CHOP.

One pound salt pork.

Skin off the rind, chop fine with 2 pounds bread crumbs, and moisten with water until thin enough to stir like cake dough. Add 3 eggs well beaten, pepper, 1 tea-spoonful of soda dissolved in water. Add a little flour. Turn this mixture into a pudding dish, and bake 1 hour with slow fire. Serve hot or cold.

TO MAKE SAUSAGE.

For every 12 pounds of meat use:
Salt 6 ounces.
Black pepper 1 ounce.
Saltpetre 1 tea-spoonful.
Red pepper one-half tea-spoonful.
Sage 4 ounces.

The sage and red pepper are not essential, and may be omitted by those who do not fancy them. These proportions should be tried on a small scale first before seasoning the whole batch, to see if it suits.

TO COOK TONGUE.

French receipt for cooking tongue: After boiling it as usual until tender, cut into small pieces and brown with flour and butter. Then add some of the stock, season highly, and let it boil a few minutes and serve hot.

BAKED HAM.

Make a crust of water and flour, and roll half an inch thick. Soak your ham over night and scrape well, and then cover nice and tight with the crust, so that the juice cannot escape, and bake it until done. Then remove all the crust and serve.

BAKED VEAL HAM.

Bone a breast of veal, and chop the meat very fine. Chop an equal quantity of cold boiled ham, and boil 6 eggs and chop real fine. Butter a deep pan, put in a layer of veal, sprinkle with salt, pepper, thyme and anchory or Worcestershire sauce,

and then a layer of ham sprinkled with egg. Fill the dish with alternate layers. Use both the fat and the lean of the ham. Cover and bake slowly 4 hours. When done lay on it a heavy weight. Serve in thin slices.

VEAL LOAF.

Veal chopped fine 2 pounds.
Bread crumbs 2 coffee-cupfuls.
Eggs 2.
Salt and pepper mixed 1 even table-spoonful.
Sage to taste.
A little butter.

Bake about 1 hour, and slice quite thin. The secret of having it slice off thin without breaking is pressing it down very firmly in the dish before baking.

CROQUETTES.

Cold bits of meat can be finely chopped, and, with bread crumbs, salt and pepper added, mix with gravy or milk, and make into balls or croquettes, and delicately browned in a skillet for tea. This same prepared meat need not be re-cooked, but put into a bowl, pressed with a heavy weight for a few hours, and then sliced down like head-cheese, for tea—called pressed meat.

VEAL COLLOPS.

Cut part of a leg of veal into pieces 3 or 4 inches broad, sprinkle flour on them, fry in butter until brown and then turn in water enough to cover the veal; when it boils take off the scum, put in 2 or 3

onions, a blade of mace, a little salt and pepper, and stew until tender; then take up the meat, thicken the gravy with flour and water mixed smoothly together, squeeze in the juice of a lemon, or a very good substitute is a tea-spoonful of catsup, and turn the mixture over the brown collops. Garnish with thin slices of lemon.

IRISH STEW.

Take lean mutton, potatoes and onions. First put in a deep kettle a layer of potatoes cut in slices then a layer of onions, then mutton, and be sure all the fat is cut off, then another layer of potatoes, onions and mutton, and finish with potatoes on top. Between each layer, sprinkle salt, pepper and a little flour. Then put in enough water to cook without burning. Cook 4 hours and do not stir it up, but let it cook slowly on the top of the stove with hot fire and it will not burn.

BOILED HAM.

Clean thoroughly before cutting for any purpose. To boil, put in a kettle of cold water, boil slowly till tender, and if intended to be eaten when cold, let it remain in the kettle just as it was cooked until cold.

MUTTON DINNER.

Take 3 pounds of mutton, cut in small pieces, and put it on the stove in cold water; when half done put in a tea-cupful of rice, pepper and salt to taste. Have water enough for soup. Make a nice biscuit crust, cut in diamonds, and 20 min-

utes before dinner drop them around on the top of the soup and cover very closely, or steam if you prefer. This with a dish of nice potato salad and an apple pie, makes a very good though not a stylish dinner.

PORK TENDERLOIN.

Cut the tenderloin open, stew in water until nearly done, then with a little butter hissing in a spider, fry to a light brown, not too hard. Have a small piece of toast buttered for each piece of meat, place the meat on the toast, pepper and salt, and then throw a thin milk gravy over all. We call it quail on toast, and think it a very good substitute.

BEEF A LA MODE.

Buy a good roast—the tenderloin—and have the butcher put in a good piece of fat before he skewers it. Put in your ham boiler, or a kettle that can be closed air tight, an inch thick slice of salt pork cut in small pieces, a pound of veal, a piece of butter, some salt, 2 or 3 cloves, some whole pepper, 1 onion cut in quarters, and 1 carrot quartered lengthwise. Lay the roast in, pour over a spoonful of vinegar, and close and set over the fire, not too hot. In about 10 minutes add a cup of water and turn the meat. In 15 minutes more another cup, and in 20 minutes more another. Turn occasionally, but keep closed. Simmer slowly 4 hours, and when done carefully place upon a platter, putting a piece of carrot on each side, top and bottom. Turn all the grease out of the kettle,

pour 2 table-spoonfuls of water into the kettle, give another boil, and turn over the meat.

BEEF STEW.

In a stew-pan place a large spoonful of butter, in which fry until quite brown 2 sliced onions, adding while cooking 12 whole cloves, 12 allspice, one-half tea-spoonful salt, and half that quantity of black pepper. Take from the fire, and pour in 1 pint of cold water, wherein lay 2 or 3 pounds of tender lean steak cut in small thick pieces. Cover closely and let all stew gently 2 hours, adding just before serving a little flour thickening. A few sprigs of sweet basil is an improvement.

BEEF LOAF.

Round steak chopped fine 3½ pounds.
Rolled crackers 1 cup.
Eggs 2.
Milk 1 cup.
Pepper 1 tea-spoonful.
Salt 1 table-spoonful.
Piece of butter size of an egg.
Bake 3½ hours.

MEAT PIE.

In a three-pint basin place a thick layer of stale bread, broken or chopped fine, and on this a layer of boiled beef, sliced and seasoned with pepper, aud a pinch of powdered sage and parsley. Next a thick layer of bread, and then thoroughly moisten the whole with broth of the beef, and bake half an hour in a moderate oven. The bottom of the pan

should first be greased. Three layers fill the pan full.

VEAL POT PIE.

Cut in pieces 2 pounds of veal and boil in water until tender; season and add 6 potatoes sliced, boil until done, and pour in a deep pan, stir in a spoonful of flour and cover with a crust made like biscuit. Bake a light brown, but be sure to have plenty of gravy in the pie.

VEAL CUTLETS.

The way to cook cutlets and chops is to bake them. The great object is to have veal and mutton thoroughly cooked, and by baking you best accomplish that object. Take your dripping-pan and rub a little butter on each cutlet, salt and pepper, and lay flat in pans, place in a hot oven, and cover with another pan of same size. When done, if you like, make a sauce called butter *maitre d'hotel.* Rub to a soft paste a small piece of butter with flour, pour over ½ cup of boiling hot water; it will then thicken; then add a table-spoonful of lemon juice, pour it over the cutlets and serve. It is good for dinner.

BROILED QUAIL.

Each quail should be carefully picked, cut open down the back and pounded slightly with the steak pounder to break the bones, so they will lie flat on the gridiron. Salt and pepper them, and broil to a nice brown. Have a pan of melted butter ready to dip each piece in as soon as cooked.

Have ready slices of bread toasted to a light brown and well buttered. Lay a quail on each slice of the toast, and then pour the butter in which they were dipped in over the whole. Serve hot.

PORK CHOPS.

Remove the skin, trim, and dip in beaten eggs, then in cracker crumbs, seasoned with salt, pepper, onion and sage. Fry in hot lard 20 minutes, turning often.

DRESSING FOR POULTRY.

Rub fine the soft part of a loaf of bread.
Add:
Butter one-half pound.
Yolks of 4 eggs.
Thyme or sweet marjoram 1 tea-cupful.
Black pepper 1 table-spoonful.
Salt 1 table-spoonful.

WILD PIGEONS STEWED.

Clean and wash and then lay in salt water for an hour. Rinse the inside with a solution of soda and water, wash out with clear water, and stuff with bread and pork chopped fine and seasoned. Sew up the birds and put on to cook in cold water sufficient to cover them, adding a slice of pork to each bird. Season to taste and cook till tender. When done place in a covered dish, strain the gravy, add the juice of a lemon, a table-spoonful of currant jelly, and thicken with flour. Boil up and pour over the birds.

ROAST WILD DUCK.

Parboil 10 minutes, putting a carrot or onion in each. Remove the carrot or onion, and lay in fresh water half an hour. Stuff with the usual dressing and roast till brown and tender, basting with butter, water and drippings. To the gravy add a table-spoonful of currant jelly, and thicken with browned flour.

TO COOK VENISON.

Boil till tender with sufficient water to keep from burning. When done put in some butter, pepper and salt, and let it brown in the kettle, and it retains all the flavor of the meat.

That is the best way to cook roasts of beef. You then have juicy, tender meat.

TURKEY GRAVY.

Heart, liver, gizzard and neck slashed and dredged thickly with flour. Put in a sauce-pan with a little salt, a few pepper-corns and allspice, a little mace, the outside skin of 3 onions, and a lump of sugar the size of a walnut. When well browned add boiling water till of proper thickness. Let it cook slowly on the back part of the stove all the morning. After removing the turkey from the dripping-pan, and pouring off any grease, put the prepared gravy into the dripping-pan, and proceed to make gravy the same as any gravy.

STEWED OYSTERS.

Put 1 quart of oysters into 3 quarts of boiling water, pepper and salt to taste. Leave the oysters

in long enough to become heated through, as oysters should never be boiled. Then skim into the tureen. Now put in,

Sweet cream 1 pint.

Crackers 12.

Butter a good sized lump.

Let it come to a boil, then pour into the tureen and send to the table.

NO. 2.

To 1 can of oysters put 3 quarts boiling water. Pour the boiling water over the oysters, and let the scum rise and skim it off before seasoned. Then add ½ tea-cup of sweet cream, butter, salt and pepper to taste. Oysters take a great deal of salt. Let come to a boil as soon as possible, but do not boil.

DELMONICO'S STEWS.

Take 1 quart of liquid oysters, put the liquor in a stew-pan, and add ½ as much more water, salt, and a good bit of pepper, a tea-spoonful of butter for each person, and a tea-spoonful of rolled crackers for each. Put on the stove and let it boil, have the oysters ready in a bowl, the moment the liquor begins to boil, pour in all the oysters. Now watch carefully; as soon as it begins to boil, count just 30 seconds and take the oysters from the stove, have a big dish ready with 1½ table-spoonfuls of cold milk for each person, pour the stew on this milk and serve immediately. Never boil an oyster if you wish it to be good.

ESCALLOPED OYSTERS.

Fine oysters 2 quarts.
Fresh crackers powdered fine 12.
Oyster juice 1 cupful.
Milk 1 cupful.
Butter a piece the size of an egg.
Pepper a little.
Salt a little.

Place alternate layers of oysters and crackers in a deep earthen dish, seasoning each layer of oysters with pepper and salt; when the dish is full put the butter on top of the cracker crumbs, and pour the oyster juice and milk over all. Set in a moderate oven and bake 50 minutes.

OYSTER PIE.

Make a nice short biscuit crust: put a can of oysters, liquor and all, into a bright basin or a yellow pudding pan, season with butter, salt and pepper; water, if not a considerable quantity of liquor, for the crust soaks the liquor up, cover with a top crust, no bottom. Bake quick and serve hot. Cold sliced meat prepared the same way is very good.

OYSTER SAUCE.

Take good oysters 12.
Good melted butter 6 ounces.
Red pepper a little.
Cream 3 table-spoonfuls.

Stir all together over a slow fire, bring to a boil, and then serve.

FRIED OYSTERS.

Dip each oyster in beaten eggs, then in rolled cracker or corn meal, and fry quickly in hot butter.

CREAM OYSTERS ON THE HALF SHELL.

Pour into a pan:

Hot water 1 cup.

Milk 1 cup.

Cream 1 cup.

Set it in a kettle of hot water until it boils, and stir in 2 table-spoonfuls of butter, and pepper and salt to suit. Take from the fire and stir in 2 heaping table-spoonfuls of corn-starch. Wet up in cold milk. Have the shells cleaned and buttered and laid in a baking pan. Place an oyster in each shell, stir the cream hard, and fill carefully. Bake 5 or 6 minutes after the shells are warm. If the shells are not easily obtained, patty-pans or small sauce dishes answer every purpose. Serve in the shells or dishes.

CHOWDER.

Take 4 or 5 slices of salt pork, fry in the spider a delicate brown, and remove and cut in pieces. Then in the pork fat fry 4 or 5 good-sized onions sliced thin. Have ready 12 potatoes pared and sliced, and also 4 or 5 cakes of hard bread. Put the hard bread to soak in some cold water, and then take the soup kettle and put first a layer of pork and then of onions, next of potatoes, and finally of clams or fish, as the case may be, and so

on alternately, seasoning highly with pepper and salt, and lastly putting a layer of soaked hard bread on top. First cover with water, and then boil 20 minutes.

CHICKEN SALAD.

The breasts of 2 chickens.

Celery 2 large bunches.

Eggs 4 hard boiled.

Chop these separately and fine, put together and mix thoroughly. Then make a gravy of the following:

Mustard 1 table-spoonful.

Sugar 2 table-spoonfuls.

Vinegar 1 cup.

Butter one-half cup.

Pour hot over the salad.

POTATO SALAD.

Take medium sized potatoes, boil, let them get cold, and then slice them. Put in a medium sized onion chopped fine, and take a tea-cup two-thirds full of best cider vinegar, into which put a table-spoonful of sweet oil. Heat the vinegar and oil very hot, pour over the potatoes and onions, and stir all together with a salad spoon, and let it get cold, and you have a fine potato salad.

BEAN SALAD.

Cover the bottom of your salad dish with cold boiled potatoes sliced thin. Over this spread a layer of cold baked or boiled beans, and above this a layer of onions sliced very thin. Salt and pepper

each layer, heat a piece of butter the size of a walnut in sufficient vinegar to cover the salad, and pour over it while hot.

CABBAGE SALAD.

Take 1 head of nice cabbage and chop very fine with salt, after which set it away for a few days. Then drain off all the water, and add 1 table-spoonful of mustard-seed, and enough vinegar to cover, and boil half an hour. To be eaten cold.

LOBSTER SALAD.

Boil a hen lobster. When done remove the meat from the shell, mince it, rub the coral to a smooth paste with a table-spoonful of olive oil or melted butter, and add:

Grated yolks 3 hard-boiled eggs.

Mustard 1 tea-spoonful.

Salt and pepper to taste.

A wine-glassful of good cider vinegar.

Mix the sauce with the meat, and add a third as much with lettuce or celery. Cut fine just before serving. Salmon salad may be made the same way.

Garnish with lemon sliced thin and parsley or celery.

CREAM SALAD.

Chop fine half a head of cabbage, and into it stir a little salt and half a cup of thick cream. Beat half a cup of vinegar, stirring into it the beaten yolks of 2 eggs, a tea-spoonful of sugar, and half a tea-spoonful of mustard. Pour this over the cabbage just as it goes to the table.

VEGETABLES.

POTATO PUFF.

Cold mashed potatoes 2 cups.
Some kind of cold meat hashed a few bits.
Melted butter 2 table-spoonfuls.
Eggs well beaten 2.
Milk 1 cup.

Pour into a deep dish and bake in a quick oven. If rightly done it will merit its name.

NO. 2.

Take cold beef or lean meat of any kind, cut in small bits, season with pepper and salt. Boil and mash some potatoes; make into paste with 2 eggs, roll out with a dust of flour, cut with a saucer; put the cut meat on ½ of the crust and fold the other over and pinch together. Fry brown in butter.

POTATOES A LA CREME.

Put into a sauce pan 2 ounces of butter, a dessert-spoonful of flour, some parsley and scallions, both chopped small, salt and pepper. Stir them together, add a wine-glass of cream and set on the stove, stirring constantly until it boils. Cut some boiled potatoes into slices and put into the pan with the mixture, and boil all together, and serve very hot.

STEAMED POTATOES.

Steam or boil dry a quart of sound potatoes, then peel and mash in a sauce-pan, and mix an ounce of butter. Set over the fire, pouring in slow-

ly nearly half a pint of milk, and stir to prevent scorching. Dish into a common earthen dish, scollop, and put in a quick oven to brown. Set on the table in the same dish. This is the most palatable way of cooking potatoes, especially in the spring.

FANCY MASHED POTATOES.

Peel 2 quarts of potatoes, and when they are cooked turn off every drop of water and put in a little salt, pepper and butter. Then take a carving fork and break them up a little. Next add a little more butter, say in the whole a piece as large as an egg, and a cup of nice milk or cream. Now take a silver fork, or three-pronged one, and beat them briskly 5 minutes, or until they are light and creamy. They must be carried at once to the table, or they will become heavy and clammy. If once tried this way you will never again resort to the old masher. Remember, they must be served immediately.

FRIED POTATOES.

Peel and then slice rather thin in cold water. If very thin they may be too crisp. Let them stand in the water a short time, and then drain through a colander. Have ready on the stove a kettle of hot lard, as for fried cakes, and put in part of the potatoes and cover the kettle. Stir them occasionally. When done they should be a delicate brown. Skim out into any dish, and sprinkle a little salt over them. When the second batch of potatoes is

partly cooked let me advise you to ring your bell, as they will be cooked by the time the first lot is disposed of, and are much better hot.

BOILED POTATOES.

In boiling potatoes when they are not previously pared always have a ring of the skin a quarter of an inch peeled from end to end. This is not a "notion," but the escape of the water, and consequently the mealiness of the potatoes, is very much promoted by it. It does no harm to cut large potatoes in halves or quarters before boiling them.

BOILED-BAKED SWEET POTATOES.

Boil your potatoes until tender, then slice several times the long way of the potato; place a layer of slices on the bottom of an earthen dish, sprinkle lightly with white sugar, and heavily with lumps of butter (it is the butter that makes it nice), then another layer of potatoes, and so on, until you have the sugar and butter for a top layer, then bake 30 or 40 minutes.

EGG PLANT.

To cook egg plant, slice the plant ¼ of an inch thick, sprinkle with salt, place layer upon layer and let it stand for 15 minutes, dip in a batter and fry in butter and lard. Another good way is to dip in eggs, roll in crackers and fry in the same way.

ASPARAGUS.

Scrape. Put in water and salt, and at first boil drop in the asparagus, boil till tender. Sauce:

The yolk of 1 egg mixed with a tea-spoonful of water, a piece of butter added, and when hot, stir in 2 table-spoonfuls of milk, pour over the drained asparagus.

CORN OYSTERS.

Six ears of sweet corn (those which are not too dry).

With a sharp knife split each row of the corn in the center of the kernel lengthwise, and scrape out all the pulp. Add :

Eggs 1 well beaten.

A little salt.

Sweet milk 1 table-spoonful.

Flour enough to make a pretty stiff batter.

Drop in hot lard and fry a delicate brown. If the corn is quite young omit the milk.

BAKED BEANS.

Take as many beans as you think you want, wash, boil till tender, and add salt, pepper and molasses to taste. If you like them greasy put in "right smart" of pork. A small piece will answer. Bake in covered dish of any sort.

BOSTON BAKED BEANS.

Wash them, parboil half an hour, and then bake all day or night. As to the seasoning, it is much a matter of taste. Some like them with a good deal of fat, and in a pot that would hold a quart of beans would put half a pound of pork (salt), cutting through the rind as if to slice, and then laying it at the top, so that the rind may become

nicely brown. Then add a table-spoonful of molasses. We do not believe much in pork, so only put in a very small slice of it, adding a little salt and omitting the sweetening.

NO. 2.

Take a pint of beans and let them soak over night in a quart of cold water. In the morning pour the water off, and let them stand about an hour in fresh water on top of the stove, and then remove to a regular "Boston bean-pot," not a common yellow dish, as half of the Western people do, and lay half a pound of salt pork (not too fat) across the top of them, and 2 table-spoonfuls of New Orleans molasses, and cover all with water and put in the oven, and let them bake until the middle of the afternoon, during the day adding water as it cooks away, and for Sunday morning's breakfast set the bean-pot in the oven again, with your beans undisturbed from the night before, and add a cup of hot water, and let them remain about half an hour, and you will find them delicious. Serve with a loaf of brown bread, and you can imagine yourself eating a Boston breakfast.

Make a sweet sauce from ripe tomatoes, which, eaten upon the beans, gives them a great relish. Those who have never tried it for meats or beans should at once make a large jar full for winter use. It is made by stewing your tomatoes and passing them through a colander, adding half a pound of brown sugar to the quart of tomatoes.

NO. 4.

For a family of 4 or 5 take 1 quart of beans, the smaller the better, and soak them 10 or 12 hours. Then put in 1 pound of salt pork, not too lean, and put them in a deep jar or crock, and sink the pork in the beans all but the rind, which must be scored or gashed about half an inch apart. Cover the whole with the water the beans were soaked in. If not enough add more cold water, a little salt and pepper, and bake 10 or 12 hours. It is a good way to put them in the oven at 6 P. M., and cook them all night with a slow fire. Some put in a table-spoonful of molasses. This will make 2 good meals, and the more they are warmed over the better they are.

FRIED TOMATOES.

Take large green tomatoes and cut them off at both ends, and then cut 1 up in 3 slices. Have some butter in the frying-pan, and let it get hot. Then roll the tomatoes in flour and lay them in the pan, salt and pepper, and sprinkle a little sugar on while frying. Cook till they are done nice and brown, and you will have a most delicious dish for breakfast.

TO COOK DRY PEAS.

Choose the green wrinkled peas, soak a pint of them over night, set them on the stove early in the morning with water enough to cover them well, simmer very gently, adding cold water as they evaporate. Do not let them boil and they

will come to the table whole and sound. Do not salt until they are done and they will be as tender as June peas; a little butter is all the dressing they will need.

HOMINY FRITTERS.

Cold boiled hominy 2 tea-cupfuls.
Stir in sweet milk 1 tea-cupful.
Salt a little.
Sifted flour 4 table-spoonfuls.
Fggs 1.

Beat the white separately and add last. Have over the fire a pan of hot lard, drop the batter in by spoonfuls, and fry a nice brown. This is especially designed for a breakfast side dish. Rice is good used in the place of hominy.

BOILED HOMINY.

Boiled. Soak 1 cup of fine hominy in 3 cups of water; cover tightly, and steam 1 hour, then add 1 tea-cup of sweet milk and boil 15 minutes after stirring the milk in.

HULLED CORN.

Take corn 3 quarts.
Unleached wood ashes 3 quarts.
Or: Potash ¼ pound.

To ashes or potash add 6 quarts of water, which boil and skim. Strain lye into a kettle, put in the corn and boil until the skin breaks from the kernel easily, stirring frequently; skim out the corn, rinse it several times, rubbing thoroughly the last time, leave it to soak in clear water 10 minutes,

when rub off black chits, rinse again, put back into kettle, cover with water and boil slowly till soft; keep hot water to add until tender. Salt. Eat with cream and sugar.

"DOMIN NOPINEE."

Take ½ a pint of yellow corn, roast it like coffee over a slow fire; clean out the coffee-mill, grind 'I coarse, I fine. Eat with milk and a little salt, after it has stood 5 or 10 minutes to swell.

SUCCOTASH.

Take lima beans 1 quart.

Pork ½ pound.

Sweet corn (green) 1½ dozen ears.

Boil the pork 1½ hours in 3 quarts of water, putting in the beans when the pork has boiled ½ an hour. Cut the corn off, putting it into 1 dish and into another scrape the milk from the cobs, when the beans are nearly done, put in the corn, and boil 15 minutes, then add the milk from the cobs and boil all 10 minutes longer. It should be a little thicker than gruel. Stir all the time after adding the milk or it will burn. If not sweet enough, add sugar.

MASHED TURNIPS.

Pare and lay in cold water, slightly salted, 10 minutes, cook with boiling water, and cook until very tender. Drain and wash in a colander, season with butter, pepper and salt, and serve hot.

SCALLOPED TOMATOES.

Peel, slice and pack in a pudding dish in alternate layers, with a thick layer of bread crumbs mixed with butter, salt, pepper and a little white sugar. When the dish is nearly full put tomatoes uppermost, and lay a piece of butter on each slice, dust with pepper, salt and sugar, cover lightly with crumbs, and bake covered half an hour, and then remove the lid and bake brown.

BOILED CABBAGE.

Strip off the outside leaves, cut in quarters, and lay for an hour in cold water. Cover with boiling water and cook 15 minutes, and then turn off the water and cover with fresh boiling water. Cook until tender—perhaps an hour—and drain well. Chop, and stir in a table-spoonful of butter, pepper and salt. Serve hot. Some prefer to boil a piece of pork with the cabbage. It will give a delicious flavor.

GREEN PEAS.

Shell and lay in cold water for an hour. Put into salt boiling water and cook half an hour. Drain well and season with butter and pepper.

BAKED ONIONS.

Wash, but do not peel the onions. Boil 1 hour in boiling water, slightly salt, changing the water twice in the time. When tender drain on a cloth, and roll each in buttered tissue paper. Twist at the top and bake an hour in a slow oven. Peel and brown them. Serve with melted butter.

BAKED CABBAGE.

Cook as for boiled cabbage, after which drain and set aside until cold. Chop fine and add:

Eggs 2 beaten.

Butter 1 table-spoonful.

Pepper and salt.

Rich cream 3 table-spoonfuls.

Stir well and bake in a buttered dish until brown. Eat while hot.

BROWNED POTATOES.

Boil, and ¾ of an hour before a roast of beef is taken from the oven put them in the dripping-pan, after skimming off the fat from the gravy. Baste them frequently, and when quite brown drain on a sieve.

ESCALLOPED ONIONS.

Boil till tender 6 large onions. Afterwards separate them with a large spoon, and then place a layer of onions and a layer of grated bread crumbs alternately in a pudding dish. Season with pepper and salt to taste, and moisten with milk. Put in the oven to brown.

CRACKED WHEAT.

Stir 5 large heaping table-spoonfuls of the crushed white wheat sold by grocers into a quart of boiling water, and set the tin pail holding it into a pan of boiling water to boil 20 minutes. This prevents it burning, and is a cheap and easy substitute for a farina kettle. Salt well, and when the kernels swell and burst like pepper-corn it is done.

Serve it plain to eat with meat and gravy like rice, or add half a tea-spoonful of cinnamon, a pinch of ground cloves, a handful of raisins or currants, and half a cup of sugar when boiling, and you have a savory breakfast dish. It may be served plain in saucers, with a dust of cinnamon on the top, and sugar and butter or cream, as German pan-cakes are eaten.

EGGS.

BOILING EGGS.

Put the eggs in some vessel that can be closely covered, and when the tea-kettle boils pour in water enough to cover them. Close the vessel and put it on the back part of the stove, and let it remain 10 minutes. If you wish to be very exact, use a thermometer, and keep the water for 10 minutes at the temperature it was when poured in. This process is far superior to the old, of letting the eggs boil 3 or 4 minutes, as then the white is cooked hard and the yolk not at all. This way both are cooked alike.

POACHED EGGS.

Place a frying of salted boiling water on the fire filled with as many small muffin-rings as it will hold, boil them 3 minutes, remove the rings and take up the eggs singly in a strainer. Serve on half slices of nicely browned and buttered toast,

put a small piece of butter on each egg, pepper slightly and garnish with sprigs of parsley. Serve hot.

OMELET.

Take 6 eggs and beat separately, allow one table-spoonful of milk to each egg, stir in flour to make a batter, take a cupful of milk, put on the stove and stir in the batter until it is like starch, add a piece of butter the size of a walnut and a pinch of salt; take this from the stove, pour into the dish in which you would serve, then stir in the yolks of the eggs which have been beaten, beat the whites until you can turn the platter bottom side up, then adding them, mixing thoroughly. Put in a quick oven and bake ten minutes. It should be eaten immediately.

FRENCH EGGS.

Boil hard, remove the shell and roll in cracker crumbs, and fry in butter until brown. Make a gravy of butter, crumbs and cream and pour over them.

PICKLED EGGS.

Select nice fresh ones, boil them hard and lift them directly from the hot water into cold. When cool, remove the shell, stick cloves in them and drop in cold vinegar.

NO. 2.

Put the eggs on the stove in cold water, let stand and boil for 1 hour; the heart is then mealy. Remove the shells, stick 4 or 5 cloves in each egg

and pour hot vinegar over them; (add other spices if you like); let stand a few days. They are very nice.

TO KEEP EGGS.

Pour 1 gallon of boiling water on 1 quart of quick lime; when cold, add 1 ounce of cream of tartar. The eggs must be covered with the pickle.

FRENCH TOAST.

For dessert: ⅔ of a pint of milk, 1 egg well beaten, and a little salt. Take 6 slices of bread, dip into the custard (uncooked) one by one, then fry in a little butter until a delicate brown. For sauce: Melted sugar with a little cinnamon added. This is very nice, and is a good way to use up stale bread. Try it.

COFFEE.

Take the best green coffee, roast to a dark brown, beat the white of 1 egg (so it won't hang together much), and stir it through the coffee while hot. Grind when you want to make your coffee, a table-spoon heaping full to each person, and as many cups of cold water as you think your family will drink. Put it in a hot place, let it just come to a boil, and put it back where it will keep hot till your meal is ready. Then put it off the stove 2 or 3 minutes before pouring out. If not strong enough put in more coffee next time.

NO. 2.

Take 2 or more egg shells, crush them with the

requisite amount of ground Java. Add half-cup of cold water, beat it well together, pour on boiling water, and allow it to boil up once. Always wash eggs before breaking them, and save the shells for coffee, which will be, when so treated, as clear as when the white of an egg is used.

NO. 3.

One-half an egg to 1 cup of ground coffee. Stir well in a bowl, so that every ground is covered, then place in the coffee pot, and pour on cold water, shaking constantly till the lumps of egg and coffee settles to a smooth mass. Add your boiling water.

NO. 4.

For each person allow 1 table-spoonful of coffee. Pour on boiling water sufficient for use, and boil from 3 to 5 minutes. After pour out half a cup, and replace in the pot, allowing it to stand about a minute. This settles the coffee nicely, when it is ready to serve.

NO. 5.

Boil a dessert-spoonful of ground coffee in a pint of milk for a quarter of an hour, and then clear it with white of egg. Let it boil 10 minutes, and then set it beside the fire to fine. Sweeten according to taste. This is a suitable breakfast for those of spare habit and disposed to affections of the lungs.

NO. 6.

You can make coffee perfectly clear by putting

n a piece of codfish skin about 5 minutes before it is taken from the stove. A piece an inch square will be sufficient for a good sized family. The outside should be scraped, and then rinse and drop in.

NO. 7.

In the first place get the green coffee, roast it, take the quantity required, put in a coffee pot, and pour boiling water on it. Have a pot of boiling water. Set in this the coffee pot, with a small piece of wood to rest the coffee pot on. Let it boil half an hour, or, for that matter, it may boil all day, for your coffee would be better for it. Your coffee will be as clear as crystal. You will need no egg. This way steeps it. Be careful to use boiling water

BREAD.

PUFFET.

One quart of flour, in which rub 2 tea-spoonfuls of cream of tartar, butter a piece the size of an egg, 2 tea-spoonfuls of powdered sugar, 2 eggs, beaten. Mix very smooth and add 1 pint of milk and 1 tea-spoonful of soda dissolved in a little boiling water. Bake immediately.

MUFFINS.

One quart flour, 3 tea-spoonfuls baking powder, or 2 heaping tea-spoonfuls of cream of tartar and

1 rounding tea-spoonful of soda, both stirred in the flour, ⅔ cup of butter or lard, or half and half; put on the stove to melt, without getting hot. Beat 2 eggs in a bowl, add a little less than a pint of milk; stir into the flour a little salt, add the butter last. Have irons quite hot and fill even full, then bake.

NO. 2.

One quart rich milk or ½ cream and ½ milk, 1 quart of flour, 6 eggs, 1 table-spoonful of butter and 1 of lard, softened together. Beat the whites and yolks separately, very light, then add flour and shortening, and a scant tea-spoonful of salt, stir in the flour the last thing, lightly as possible and have the butter free from lumps. Heat your muffin rings, butter well and half fill them. Bake at once in a hot oven. Send them to the table the moment they are done.

NO. 3.

One pint sweet milk, 1 cup flour, 3 eggs, 2 table-spoonfuls melted butter, 1 tea-spoonful of soda, 2 tea-spoonfuls cream of tartar. Mix all. Add more flour if necessary, to make as stiff as for buck-wheat cakes.

NO. 4.

One cup of milk, 2 eggs, ⅔ cup of lard, salt, 1 tea-spoonful baking powder. Make a batter, not too stiff, and bake in gem-tins; 15 or 20 minutes will do.

QUICK MUFFINS.

One cup milk, 1 cup flour, 1 egg well beaten, salt. Have your gem-tins very hot; fill half full and bake quickly. These are delicious with good butter and maple syrup.

CORN-MEAL MUFFINS.

One and one-half cups of corn-meal, the same of flour, 2 tea-spoonfuls of baking powder, ½ cup of sugar, ½ tea-spoonful of salt, 1 table-spoonful of melted butter, 2 eggs, milk enough to make a stiff batter.

DROP BISCUIT.

One quart of flour, 1 table-spoonful of butter, and 1 of lard, a tea-spoonful of salt, 1 tea-spoonful of cream of tartar, 1 tea-spoonful of soda. Sift the cream of tartar with the flour dry. Rub the butter and lard very thoroughly in; dissolve the soda in a pint of milk, and mix all thoroughly. Roll out, adding as little flour as possible. Cut with a biscuit cutter and bake 20 minutes in a quick oven.

YEAST BISCUITS.

Two quarts of flour, 1 table-spoonful of butter, 3 table-spoonfuls of sugar, one-half cup of yeast and a little salt. Mix thoroughly with a pint of scalded milk when it is nearly cold. This will seem hard, but when raised will mould easily. Mix at night and mould in the morning. Cut out and let them stand until raised again. Then bake.

BAKING POWDER BISCUIT.

One important point is having a hot oven, and another is to have the flour sifted, and roll the dough as soft as you can handle. Then more baking powder is needed. For each tea-cup of flour take a tea-spoonful of powder. One table-spoonful of butter is sufficient for 1 quart of flour. After rubbing the butter and powder into the amount of flour needed, turn in cold water (milk will do), stirring all the time till the right consistency is reached. Salt, and then roll lightly, and bake at once. I warrant these will prove flaky, feathery, delicious and more nutritious than biscuit raised with yeast.

QUICK BISCUITS.

Mix 1 quart of sweet milk with half a cup of melted butter. Stir in a pinch of salt, 2 tea-spoonfuls of baking powder, and flour enough for a stiff batter. Have the oven at a brisk heat, and drop the batter, a spoonful in a place, in buttered pans. They will bake in 15 minutes.

GRAHAM BISCUITS.

Take 1 quart of water or milk, butter the size of 1 egg, 3 table-spoonfuls of sugar, 2 table-spoonfuls of bakers' yeast, and a pinch of salt. Take enough white flour to use up the water, making it the consistency of batter cakes. Add the rest of the ingredients and as much Graham flour as can be stirred in with a spoon. Set it away till morning. In the morning grease pans and flour hands. Take

a lump of dough the size of an egg, roll lightly between the palms, let them rise 20 minutes, and bake in a tolerably hot oven.

RUSKS.

Take enough of light dough and work in a tea-cupful of sugar and nearly as much shortening. Mould out some as for light biscuits, or take a tea-cupful of yeast, half a cup of lard or butter, a little soda, knead together, and when it rises mould out, and raise again before baking.

SPANISH BUNS.

One pint flour, 1 pint sugar, 1 cup sweet milk, 1 cup butter, 4 eggs, beat separate; 1 table-spoonful of cinnamon, 1 tea-spoonful cloves, 1 tea-spoonful soda, 2 tea-spoonfuls cream tartar or 3 spoonfuls baking powder. Bake in tins an inch thick, and when taken from the oven sprinkle with white sugar while hot.

ROLLS.

Two quarts sifted flour, a little more than a pint of milk, 1 table-spoonful of lard, a little salt, a table-spoonful of white sugar,and one-half a cup of yeast. Scald the milk and let it stand to cool, put the sugar into the milk and rub the lard into the flour; make a hole in the center of the flour, pour in the milk and yeast, add the salt, sprinkle a little flour over the whole, set to rise, and when very light mix in the rest of the flour; let it rise again; about an hour before tea roll out very lightly, cut with the cover of a large baking powder box,

fold even (like a turnover), let rise till very light, and bake in a quick oven 20 minutes.

PARKER HOUSE ROLLS.

One pint scalded milk; let it cool and add 2 table-spoonfuls of sugar, 2 of lard, 2 of yeast and a little salt. In winter mix in batter over night, in the morning knead, set to rise again, and at noon roll out very thin; cut in large rounds, put on a piece of butter, and lay the dough over it, let it rise again and bake for tea. In summer mix early in the morning instead of at night.

FRENCH ROLLS.

Into 1 pound of flour rub 2 ounces of butter and the whites of 3 eggs, well beaten, add a table-spoonful of good yeast, a little salt and milk enough to make a stiff dough, cover and set in a warm place till light, which will be an hour or more, according to the strength of the yeast. Cut into rolls, dip the edges into melted butter to keep them from sticking together and bake in a quick oven.

CINNAMON ROLLS.

Take a piece of pie crust, roll it out, and cut it in narrow strips; sprinkle cinnamon over it, roll it up tight, and put it in a clean tin pan, which has been well oiled with butter, brown nicely and bake, then serve on the table.

BREAKFAST ROLLS.

Flour 2 quarts, sugar 1 table-spoonful, butter 1

table-spoonful, yeast one-half cup, scalded milk 1 pint, or water if milk is scarce, and a little salt. Set to rise until light, then knead until hard and set to rise again. When wanted, make in folds and bake in a slow oven.

BROWN BREAD.

Three handfuls of corn meal, 2 of flour of graham, one-half cup of sour milk, one-half cup of molasses, one-half tea-spoonful soda. Steam 2 hours. To be eaten warm, but is good cold.

NO. 2.

Three cups of sweet milk, 2 cups corn meal, 1 cup sour milk, 2 cups rye meal, one-half cup of good molasses, 1 tea-spoonful of soda or saleratus. Boil 3 hours hard in a pail or tin pudding dish.

NO. 3.

Three cups of sweet milk, 2 cups corn meal, 2 cups of flour, one-half cup of molasses, 1 egg, 1 tea-spoonful of salt, and 1 measure of Horsford's baking powder; steam 3 hours. Bake one-half an hour. Let it stand one-half an hour before eating.

OATMEAL GEMS.

Take 1 cup of oatmeal and soak it up over night in 1 cup of water. In the morning add 1 cup of sour milk, 1 tea-spoonful of saleratus, 1 cup of flour and a little salt. They are baked in irons as other gems and muffins are. If on first trial you find them soft and sticky add a little more flour, as some flour thickens more than other.

GRAHAM BREAKFAST ROLLS.

Two pounds potatoes, boiled and pressed through a colander, 1 pint of water, one-half a cup of sugar, one-half a tea-spoonful of salt, one-half a cup of yeast. Mix into a stiff dough and let rise over night. In the morning mould into small cakes, and when light, bake in a moderate oven.

BOSTON BROWN BREAD.

One quart of rye meal (not flour), 2 quarts corn meal, two-thirds of a cup of molasses, into which beat a teaspoonful of soda, add a tea-spoonful of salt, and mix quite soft with boiling water, and bake.

NO. 2.

Two cups of Indian meal, 3 of graham flour, 1 table-spoonful of soda, one-half cup of Orleans molasses, a little salt, sour milk enough to make a stiff batter. Steam three and one-half hours in a pudding bucket, then put it in an oven to brown.

CORN CAKE.

Two cups of sour milk, 2 table-spoonfuls of molasses or brown sugar, 1 egg, 1 tea-spoonful of saleratus, salt, one-half tea-spoonful of ginger, one and one-half cups corn meal, and one and one-half cups of sifted flour. Bake in a quick oven.

With fruit.—Pour 1 quart boiling water on 1 quart corn meal, and stir quickly, salt to taste. Wet the hands and form the dough into small round cakes one-half an inch thick. Bake in a hot oven. The addition of a few raspberries, or any

acid fruit, is a decided improvement. Sweet apples chopped fine are also an improvement.

RYE TEA CAKE.

One pint sweet milk, 2 eggs well beaten, 1 table-spoonful of brown sugar, one-half tea-spoonful salt, stir into this rye flour enough to make as stiff as common griddle cake batter. Bake in gem pans one-half an hour. Serve hot.

GRAHAM PUFFS.

One egg, 1 pint sweet milk, 1 pint graham flour, and a pinch of salt. Beat the egg thoroughly, add the milk, then the flour gradually, beat the whole mixture briskly with an egg beater; pour into cast-iron gem pans, well greased and piping hot. Bake in a very hot oven. This mixture is just sufficient for 12 gems.

OATMEAL CAKES.

One cup rather fine oatmeal, 3 cups water, stirred together, and allow to swell. Butter a pie tin and turn the batter in, and bake half an hour, or until a rich brown. Salt, of course.

GRAHAM GEMS.

Take 3 tea-cups of soft water or boiled well water and 4½ cups of best graham flour. Beat together 10 minutes. Have gem pans sissing hot. Put in each pan a tiny piece of butter, and fill even full with batter. Have the oven very hot when you put them in, and then allow the heat to gradually decrease. This makes the pans twice

full. Bake 20 minutes. We have to vary the flour a little at every fresh bag full, or it does not swell alike.

GRAHAM CAKES.

Two cups of sweet milk, 1 cup sweet cream, the white of 1 egg beaten to froth, half a spoonful of salt, dessert-spoonful of baking powder, and stir in sifted graham flour until quite stiff. Bake in muffin rings or gem tins until well browned on top.

GRAHAM OR RYE GEMS.

One egg, 1 pint sour milk, with a few spoonfuls of cream added, 1 tea-spoonful soda, a little salt, and enough graham or rye meal to make a stiff batter. Bake in gem pans in a quick oven.

GRAHAM COOKIES.

Two cups sugar, 1 cup sour cream, half tea-spoonful soda. These require less heat and more time in baking than when white flour is used.

GRAHAM CRACKERS.

Seven cups of graham, 1 cup thick sweet cream (or butter), 1 pint sweet milk, 2 tea-spoonfuls baking powder. Rub the baking powder into the flour and add the cream with a little salt, and then the milk. Mix well and roll as thin as soda crackers. Cut in any shape and bake quickly, and then leave about the stove a few hours to dry thoroughly.

RICH WAFFLES.

Make a thin paste with 8 ounces of flour, 6

ounces pulverized sugar, 2 eggs, a few drops of essence to flavor, half a cup of brandy or rum and milk. Warm and butter both sides of the moulds, put some of the paste into it, and close it gently and set it on the fire. Turn it over to heat both sides equally. Dust them with sugar when done, and serve either warm or cold. It takes hardly a minute with each with a good fire.

GRAHAM AND RYE MUSH.

Stir graham or rye meal into boiling water with a little salt till quite thick, and cook a few minutes. This is very nice with either poached eggs or butter and sugar.

OATMEAL MUSH.

Soak the oatmeal over night in enough water to wet it, and in the morning stir into boiling water. Cook a few minutes.

WHOLE WHEAT.

Either boil it slowly until quite soft, or bake 6 or 8 hours the same as beans, omitting the pork, or as a pudding, with sufficient milk to allow it to swell, or about 2 quarts of milk to a pint of wheat. Sweeten to taste, and a few drops of vanilla or lemon flavoring if desired.

CORN BREAD.

Two cups sour milk, 1 cup flour, half cup sugar, 3 tea-spoons baking powder, a little salt. Moisten with sweet milk until like cup-cake. Bake in a quick oven or it will not be nice.

BREAD FOR DYSPEPTICS.

For 1 loaf 1 pint of attrition flour, 1 pint wheat flour. Prepare with Horsford's Bread Preparation, according to directions that come with it, adding salt and mixing soft with sweet milk with the hands, and bake quickly. To be used when a day old.

RYE BREAD.

First scald 2 cups of corn meal with boiling water to a thick batter. When this is cool, add one-half of a bowl of light sponge, taken from bread sponge, prepared from potatoes, that has raised over night, one-half a tea-cup of sugar, 3 tea-spoonfuls of soda, 1 of salt. This stir as stiff with rye flour as can be stirred with a spoon. Let this rise very light and then add as much rye again as can be worked in with the hands without kneading. Drop in a buttered pan and bake one and a half hours.

GRAHAM BREAD.

One pint yeast, same as used for white bread; stir in a pint of warm water, and a little salt, then add graham flour until you have a thick batter. Bake 15 minutes longer than the same sized loaf of white bread. It will not rise as much as other bread.

OATMEAL GRUEL.

Take 2 ounces oatmeal and one and one-half pints of water. Rub the meal in a basin with the back of a spoon in a small quantity of water, pouring off the fluid after the coarser particles are

settled, but while the milkiness continues, repeat the operation until the milkiness disappears. Next put the washings into a pan, stir it until they boil and a soft, thick mucilage is formed. Sweeten to taste.

MILK SPONGE BREAD.

Put a pint of boiling water in a pitcher with a tea-spoonful of sugar, one-fourth tea-spoonful of salt, and the same of soda; let it stand till you can bear your finger in it, then add flour to make a thick batter. Beat it hard for two minutes. Now place the pitcher in a kettle of hot water, not hot enough to scald the mixture. Keep the water at the same temperature until the emptings are light. If set early in the morning they will be ready, if watched carefully, at 11 o'clock to make a sponge, the same as for other bread, with a quart of very warm milk. Let this sponge get very light, then make into loaves and let it get light again, taking care that they do not get too light this time before putting in the oven, or the bread will be dry and tasteless.

YEAST BREAD.

At about 4 o'clock in the afternoon take 3 quarts of flour and 1 ¼ quarts lukewarm water and a little salt. Place a cake of strictly fresh yeast in a small dish of the water. Stir your flour and water into a thick batter; mixing the yeast as soon as it is soft, leaving dry flour around the edge to keep it warm. Then cover and set away in a warm

place in the summer or by the stove in the winter, until it begins to rise nicely, say 9 or 10 o'clock in the evening. Then mix thick and knead about half as much as to bake. Then cover and set away again until morning. By 6 o'clock you will find your dish more than full, unless it is large. Then knead well and put in baking tins, and set by the stove to rise. When light enough put it in the oven and keep it evenly heated until done. This will make 3 good loaves.

SALT RISING BREAD.

Take newly ground middlings, put 6 heaping tea-spoonfuls into a coffee cup, add a tea-spoon of sugar, 1 salt-spoon of salt, half a salt-spoon of soda. Mix thoroughly and pour boiling water in the mixture, stirring it well together until it will nearly fill the cup. Remove the spoon, cover the cup of dough, and set it where it will keep warm but not scald. Set it Friday morning and it will be light for Saturday's baking. If in a hurry set in a dish of warm water. Now put in a bread pan flour enough for bread. Add salt, and take 1 quart boiling water for 3 loaves, and turn into the middle of your flour, stirring in slowly. Put enough cold water or milk to cool sufficiently to bear your fingers in it, and then add middlings. Stir in well, cover with some of the flour, and set in a warm place. When light enough mix soft into loaves, grease bread pans, also top of the loaves, which makes a tender upper crust. Cut

gashes quite deep across the loaf, and it will rise evenly. Set near the stove, and when light enough bake ¾ of an hour.

NO. 2.

Take half tea-spoonful salt, 1 table-spoonful sugar, 1 pint lukewarm water, and flour enough to make a good batter. Cover closely and set the receptacle in a jar of warm water, and cover that also. Let it remain until it rises, and then use as any other rising. Flour mixed up with milk will make whiter bread than when mixed with water.

NO. 3.

In early morning take a tea-cupful of new milk, and pour boiling water in until it is blood warm, ¼ tea-spoon salt, same of sugar, 1 table-spoonful Graham flour or corn meal, 2 table-spoonfuls fine flour, or until it is as thick as pancake batter. Mix it all in a quart cup and set it to rise. Keep it of an equal heat. If water gathers on the top dust in a little flour and stir. It will rise by noon. Mix as other bread. Mould and put in pans at once, and let stand until light, when it is ready for the oven. If you have no milk water will do for the rising.

CAKES.

DOUGHNUTS.

Six cups of flour, 1½ cups sugar, 3 tea-spoonfuls baking powder, 1 tea-spoonful salt, butter the size of half an egg. Mix thoroughly and then add 4 eggs well beaten, and moisten with sweet milk until a soft dough. Flavor with nutmeg or cinnamon.

NO. 2.

Break 2 eggs in a bowl, with 1 large cup of sugar, 1 cup sour milk, 1 tea-spoon soda, spices to suit the taste. Mix very soft. That is the secret of good fried cakes. Have your fat hot, and drop in 5 or 6. They will almost turn over themselves, they are so light. Keep some going in and some coming out all the time. The last ones cool the fat, so the first ones do not get so brown, but cook through.

COOKIES.

Two cups white sugar, 1 cup butter, 1 cup sweet milk, 2 spoons baking powder, nutmeg, flour enough to roll out. Better if rolled out thin and a hot oven to bake in.

NO. 2.

Two tea-cups sugar, 1 of butter, 1 of sour milk, and soda to sweeten it; half a nutmeg. Roll thin, cut with a cutter with a ring in the center, and bake a pretty brown.

NO. 3.

Two cups of sugar, 1 of butter, 3 eggs, 1 spoon

of soda. Dissolve into 2 table-spoons of water. Nutmeg to taste and flour to roll out soft. Cu- into cakes and bake in a moderately hot oven.

NO. 4.

Whites of 2 eggs, 1 cup milk, 1 cup sugar, has cup butter, 2 tea-spoonfuls of baking powder, flavor with vanilla, rose or nutmeg, and flour enough for thick batter. Beat thoroughly, drop in buttered pans, dust a little granulated sugar on top, and bake with dispatch.

GINGER COOKIES.

One cup New Orleans molasses, half cup sugar, half cup butter, half cup water, 1 egg, 1 tea-spoonful soda, stirred into the molasses, and 1 heaping tea-spoon of ginger. Mix till smooth, roll thin, and bake quick.

COOKIES TO KEEP.

One cup butter, 2 cups sugar, 4 eggs, 4 cups flour, 3 table-spoons milk, 3 tea-spoons baking powder. Rub the flour and butter thoroughly together, cream the butter and sugar, beat the eggs separately. Add to the above a little nutmeg and cinnamon, or any seasoning preferred. Sift in the flour and baking powder, and add enough flour to mold and roll out. These cookies will keep fresh 2 weeks, and, if the milk is left out, a month.

PLAIN COOKIES.

One cup butter and 4 of flour. Rub well together and add 1 tea-spoon of soda. Beat togeth-

er half cup sugar and 2 eggs. Mix all together, roll thin and bake.

NO. 2.

One egg, 1 cup sugar, half cup butter, half cup sweet milk, half tea-spoonful soda, 1 tea-spoonful cream tartar, flour enough to mix soft. Bake quick.

GINGER-SNAPS.

One coffee-cup New Orleans molasses, 1 cup butter, 1 cup sugar. Place them on the stove and let it come to a boil. Then take off immediately, and add a tea-spoonful of soda and a table-spoonful of ginger. Roll thin and bake quickly.

NO. 2.

One cup molasses, 1 cup brown sugar, 1 cup melted lard, 2 table-spoonfuls ginger, 2 spoons alum, dissolved in hot water; 1 tea-spoon salt, 5 tea-spoons soda. Mix with flour into a stiff paste and bake in a moderately hot oven.

NO. 3.

Two cups of molasses, 1 of butter, 1 tea-spoonful of ginger, half tea-spoonful soda. Put all into a pan and set on the stove until it boils up. Then take off and put in the soda. Roll thin and bake quickly.

NO. 4.

One cup molasses, 1 cup brown sugar, half cup lard and butter melted together, 3 table-spoonfuls ginger. Let it come to a boil, and when cool add

1 tea-spoonful soda, and flour enough to make a soft dough. Roll thin and bake quickly.

GINGER-BREAD.

Two tea-cups of molasses, 2 cups boiling water, three-fourths cup melted butter, 1 table-spoonful ginger, 2 tea-spoonfuls of soda, add flour enough to make a smooth batter. Bake well.

NO. 2.

Butter or lard one and one-half cups, 1 cup of boiling water poured over it, 2 cups molasses, 2 tea-spoonfuls of soda, 2 tea-spoonfuls of ginger, flour to make about like cake batter. Spread molasses over the top while it is hot after it is baked. This is not rich but is very good if eaten fresh. It is not so good when old.

BREAKFAST COFFEE CAKES.

Three cups bread sponge, one-half cup butter, a little sugar, 1 egg. Roll as thin as baking powder biscuit, cut out with a tumbler or cake cutter, sprinkle over with a little sugar, cinnamon and little bits of butter.

SCOTCH SHORT CAKE.

Take one-half a pound of slightly salted butter, and 1 pound of flour, then mix flour and butter with hands, then add 4 ounces of loaf sugar and work all into a smooth ball, then roll out until it is an inch thick; pick over with a fork and pinch round the edges, and bake for half an hour in an oven with a moderate fire in a round or square pan, according to taste.

COFFEE CAKES.

Three eggs well beaten, 2 cups brown sugar, 1 cup butter, 1 cup milk, 1 tea-spoonful of soda, 2 tea-spoonfuls of cream of tartar. Work this to a stiff dough and roll out to about one-half an inch in thickness. Sift ground cinnamon over evenly, then roll up like roll jelly cake. Cut slices about one-half an inch thick from the roll, drop into granulated sugar and bake thoroughly with sugared side up.

JUMBLES.

One and a half cups sugar, one-half cup butter, 2 eggs, one-half tea-spoonful soda, 1 of cream of tartar (dissolved in sweet milk), flour enough to make it like pie crust. Bake in waffle irons. Fill the little holes with light and dark jelly alternately.

INDIAN MEAL CRULLERS.

One and one-half tea-cupfuls of boiling milk poured over 2 cups of Indian meal. When it cools add 2 cupfuls wheat flour, 1 of butter, one and one-half of sugar, 3 eggs and a table-spoonful of nutmeg or cinnamon. If not stiff enough, add equal portions of wheat and meal. Let it rise till very light, roll about one-half an inch thick, cut in small diamond shape cakes and boil them in hot lard.

PUMPKIN LOAF.

For 2 loaves, take 2 cups butter-milk, 3 cups each of wheat, flour and cornmeal, 1 cup stewed

pumpkin, 1 cup molasses, one-half cup butter, 2 eggs, 1 table-spoonful soda. Steam one and a half hours, then bake one-half an hour.

STRAWBERRY SHORT-CAKE.

First prepare the berries by picking, after they have been well washed. The best way to wash them is to hold them under a faucet, and let a gentle stream of water flow over them into an earthen bowl, and then drain and pick them into an earthen bowl. Now take the potato masher and bruise them, and cover with a thick layer of white sugar. Now set them aside until the cake is made. Take a quart of sifted flour, half a cup of sweet butter, 1 egg well beaten, 3 tea-spoonfuls of baking powder, and milk enough to make a rather stiff dough. Knead well and roll with the rolling-pin until about an inch thick. Bake till a nice brown, and when done remove it to the table. Turn it out of the pan. With a light, sharp knife cut it down lengthwise and crosswise. Now run the knife through it and lay it open for a few moments, just to let the steam escape (the steam ruins the color of the berries), and then set the bottom crust on the platter. Cover thickly with the berries an inch and a half deep, lay the top crust on the fruit, dust thickly with powdered sugar, and if any berry juice is left in the bowl pour it round the cake, not over it, and you will have a delicious short-cake.

BREAD CAKE.

Four cups dough, 2 cups sugar, 1 cup butter, 1

cup cream, 2 eggs, 1 tea-spoon saleratus. Mix with the hands and add a little flour, and also fruit and spices to suit the taste, and let it rise well before baking.

SPONGE CAKE.

Two eggs thoroughly beaten with 1 cup of sugar, ⅛ cup boiling water; sift 2 tea-spoonfuls of baking powder through an even tea-cup of sifted flour. Season with lemon or vanilla. One more egg for layer cake. Use as follows: Save 2 whites for frostings, using the 2 yolks and another egg for the cake part. Bake in jelly cake tins. Whip the whites up, and stir in sugar, not enough to make hard frosting. If you wish cocoanut cake spread the frosting on each layer and sprinkle over the cocoanut. On the top layer of the frosting spread the cocoanut thick. If you desire chocolate cake grate half a tea-cupful and stir in with the frosting, and then spread between the layers of cake on top. Be careful not to get too much water, and to bake in a quick oven.

NO. 2.

Twelve eggs, the weight of 10 eggs in powdered sugar, the weight of 6 eggs in sifted flour, the grated rind and juice of 1 lemon. Beat the yolks of eggs and sugar together to a light froth. This is essential. Add the whites of the eggs well beaten, and then the lemon and a pinch of salt. Stir in the flour gradually until thoroughly mixed. Bake in long, narrow pans 3 inches deep on but-

tered paper, fill the pans two-thirds full, and bake in a quick oven. The shape and depth of the pans has a great deal to do with the quality of the cake.

NO. 3.

Take 3 eggs, beat 3 minutes, and then add 1½ cups sugar and beat 5 minutes. Add 1 cup of flour and 1 tea-spoonful of cream of tartar, and beat 3 minutes. Add one-half tea-spoonful of soda, dissolve in half a cup of cold water and another cup of flour. Beat enough to mix well. Flavor and bake in a deep pan in a quick oven.

CREAM PUFFS.

One-half a pint cold water, in which rub smooth 6 ounces flour; put into a spider with 4 ounces of butter and stir it continually over a fire not too hot, till it is thoroughly cooked. It will resemble a lump of putty and clean off the spider like a pancake. Cool this lump, and add 4 eggs. Beat well and then drop on a buttered tin in neat, compact little "dabs" far enough apart not to touch when they rise. Have the oven about as hot as for cookies, and in turning them, lift up the tin. If you stove them before they are set you will have pancakes. They should be hollow balls. Bake them long enough so they will not fall when removed and cool them on brown paper as quickly as possible, so they won't sweat. To fill them, take one-half a pint milk, 2 beaten eggs, one-fourth cup of flour or corn starch, wet smoothly, 1 cup of

sugar; lemon or vanilla flavor; cook it in a tin pail in a kettle of hot water, and stir it so it will be smooth. When both are cold, open the puff with a knife, just a little slit on the side, and fill in one table-spoonful of custard.

CORN STARCH CAKE.

Four eggs, the whites only, 1 cup of powdered sugar, half cup butter, ⅔ cup corn starch, half a cup sweet milk, 1 cup flour, 2 tea-spoonfuls baking powder, lemon or rose water flavoring. Cream the butter and sugar thoroughly, either with the hand or silver spoon. Mix the corn-starch with the milk and add. Then add the eggs beaten stiff, next the sifted flour, into which the baking powder has been stirred. Mix all well, bake nicely, and call in your friends to help eat it, as this, like all corn-starch cake, is not fit to eat after the second day, and is much the best the same day it is baked.

ALMOND DROPS.

Take 9 ounces flour, 6 ounces sugar, one-half a pound of butter, 4 eggs, 2 tea-spoonfuls of baking powder. Stir butter and sugar first, rub the powder into the flour and add the rest. Pour into square tin pans filling them about one-half an inch and strew sugar, cinnamon and sliced almonds over it. The almonds must be previously scalded. Bake a light brown, and when done cut in squares.

ANISE DROPS.

Two cupfuls granulated sugar, 3 eggs, 3 cupfuls

of flour, and 1 tea-spoonful anise seed. Beat the sugar and eggs well for one-half an hour, then add the other ingredients; drop on buttered pans and bake in a moderate oven. The secret here lies in beating rapidly and thoroughly. These will make small cakes, and each tea-spoonful must be dropped separately.

LADY FINGERS.

Four ounces sugar, 4 yolks of eggs. Mix well. Three ounces of flour, a little salt. Beat the 4 whites to a stiff froth, stir the whites into the mixture a little at a time until all is in. Butter a shallow pan. Squirt through a confectionery syringe, or a piece of paper rolled up. Dust with sugar and bake in not too hot an oven.

INDIAN MEAL POUND CAKE.

Sift 1 pint of yellow corn meal and half a pint wheat flour, into which first put a tea-spoonful of baking powder and a small spoonful salt, 1 grated nutmeg, 1 table-spoonful ground cinnamon, put ¾ pound granulated sugar and half a pound of butter together. Beat 8 eggs very light, and add to the butter and sugar alternately with the meal, a little at a time, and a half cup of milk, and have a dish or pan well buttered. Bake in a moderate oven. It takes a long time to bake.

LINCOLN CAKE.

Rub 1 pound sugar and ¾ pound butter together, and add the yolks of 6 well beaten eggs, 2 cupfuls sour cream, with 1 tea-spoonful soda dis-

solved in a little boiling water and stirred into it just before adding to the cake 1 tea-spoonful each of nutmeg and cinnamon, and 1 pound of sifted flour, 1 table-spoonful rose water, half a pound of citron cut and dredged with flour, and lastly the whites of the eggs, which must be beaten very stiff before being added. Then beat all thoroughly together and bake in square shallow pans.

WHITE AND YELLOW MOUNTAIN CAKE.

Two cups sugar ⅔ cup butter, whites of 7 eggs well beaten, ⅔ cup sweet milk, 2 cups flour, 1 cup corn-starch, 2 tea-spoons baking powder. Bake in jelly-cake tins.

Frosting: Whites of 3 eggs and some sugar, beaten together, not quite as stiff as for frosting, spread over the cakes together. Put cocoanut or frosting for the top.

Yellow mountain: Yolks of 10 eggs, 1 cup of butter, 2 of sugar, 1 of milk, 3 of flour, 1 tea-spoon soda, 2 of cream of tartar.

JELLY CAKE.

One cup milk, half cup chocolate, half cup sugar, yolk 1 egg, tea-spoonful corn-starch. Mix well together, and boil until quite thick. When cold put between the layers, as for jelly-cake, with the addition of a little butter. Water can be used instead of milk. Also by taking half of the cake, and putting chocolate in to make it a dark brown, this will alternate layers of the remaining whites.

Makes a very nice cake. Frosting can be made brown by adding chocolate after sugar has been mixed with the eggs.

FRUIT CAKE FROM DOUGH.

Two cups sugar, 1 cup butter, 1 pint dough, 2 eggs, 1 tea-spoonful soda, as much fruit as you wish, spices to suit the taste, use flour enough to make it as stiff as common fruit cake. Set in a warm place to rise for 1 hour. Bake in a moderate oven.

MARBLE CAKE.

Light part.—White sugar one and one-half cups, butter one-half cup, sweet milk one-half cup, soda one-half tea-spoonful, cream of tartar 1 tea-spoonful, whites of 4 eggs, flour two and one-half cups. Beat the eggs and sugar together. Mix the cream of tartar with the flour and dissolve the soda in the milk.

Dark part.—Brown sugar 1 cup, molasses one-half cup, sour milk one-half cup, soda one-half tea-spoonful, flour browned two and one-half cups, yolks of 4 eggs, cloves and cinnamon ground, each one-half tea-spoonful. Ingredients mixed same as the light part; when both are prepared, put in the cake pan alternate layers of each, or put them in spots on each other, making what is called leopard cake, until all is used; then bake as usual.

FRUIT CAKE WITHOUT EGGS.

One cup of brown sugar, 1 of sour milk, 1 of raisins, 2 of flour, 4 table-spoonfuls of melted but-

ter, 1 tea-spoonful each of cinnamon, cloves, nutmeg and soda.

MOLASSES FRUIT CAKE.

One cup molasses, one and three-fourths cups light brown sugar, 1 cup cold water, 1 cup butter. Boil the molasses, sugar and butter together, and set aside to cool, flour as thick as a pound cake, then add 3 eggs well beaten, then 1 pound of raisins, 1 of currants and one half of citron, with two table-spoonfuls of flour, mixed through the fruit. Bake nearly 2 hours.

FRUIT CAKE.

Put 1 tea-spoonful of soda in a coffee cup, add 5 tea-spoonfuls of hot water, 4 of melted butter and fill with molasses, make it pretty stiff with flour, then stir in this all it will hold of chopped raisins, Zante currants, citron, and 1 tea-spoonful each of cinnamon and nutmeg, and a pinch of cloves Bake from 3 to 4 hours in a very slow oven. (Put buttered paper in the bottom of the pan.) The longer this cake is kept the better it is.

NO. 2.

One pound each of sugar, butter and flour, 2 pounds of raisins and currants, 1 pound of citron, 9 eggs, one-half pint of brandy, one-half ounce each of cinnamon, nutmeg, cloves and mace. Beat the eggs separately, stir the whites and the flour in last.

NO. 3.

Eight eggs beaten separately, 1 pound butter, 2

pounds sugar, 2 pounds raisins, one and one-half pounds of figs, 1 pound Zante currants, one-half pound citron, 1 pint brandy, one and three-fourths pounds of flour, 2 tea-spoonfuls soda, nutmeg and cinnamon each one and one-half tea-spoonfuls.

FARMERS FRUIT CAKE.

Soak 3 cups dried apples over night, chop slightly in the morning, then simmer 2 hours in 2 cups of molasses, add 2 eggs, 1 cup of sugar, 1 cup sweet milk, three-fourths cup of butter, 2 tea-spoonfuls soda, flour to make a stiff batter, spice to suit the taste. Bake in a moderate oven.

BLACK CAKE.

One pint molasses, 1 pint brown sugar, 1 pint of butter, 1 pint sour milk, 3 eggs, 2 tea-spoonfuls of soda, cloves, nutmeg, cinnamon and raisins. Make it very stiff and bake in a slow oven. This will make 2 large cakes.

NO. 2.

One pound browned flour, 1 pound brown sugar, 1 pound citron, 2 pounds currants, 3 pounds stoned raisins, three-fourths pound butter, 1 tea-cupful of molasses, 2 tea-spoonfuls of mace, 2 tea-spoonfuls cinnamon, 1 tea-spoonful cloves, 1 tea-spoonful soda and 12 eggs. This is an excellent receipt, and will make two large loaves. It will keep a year if locked up.

DELICATE CAKE.

Whites of 4 eggs, 1 cup of milk, one-half cup of butter, 2 cups sugar, two and one-half cups flour,

1 tea-spoonful baking powder. This makes 2 loaves. If you want it very nice, use 1 cup of corn starch in place of 1 of flour.

CARAMEL CAKE.

Three cups of sugar, 1½ cups butter, 1 cup milk, 4½ cups flour, 5 eggs, 2 tea-spoonfuls baking powder. Bake in layers.

Caramel for filling: One and a half cups brown sugar, half cup milk, 1 cup molasses, 1 tea-spoonful butter, 1 table-spoonful flour, 2 table-spoonfuls cold water. Boil this mixture 5 minutes, and add half a cake of bakers' chocolate (grated), and boil until it is the consistency of custard. Add a pinch of soda, stir well, and remove from the fire. When cold flavor with vanilla, spread between the layers and on top of the cake, and set in a sunny window to dry.

ORANGE CAKE.

Grated rind of 1 orange, 2 cups sugar, whites of 4 eggs and yolks of 5, 1 cup sweet milk, 1 cup butter, 2 tea-spoonfuls baking powder, to be sifted through with the flour. Bake quick in jelly tins.

Filling: Take the white of 1 egg that was left, beat to a frost, and add a little sugar and the juice of the orange. Beat together and spread between the layers. If the oranges are not to be had lemons will do instead.

SCHOOL CAKE.

One egg, 1 cup white sugar, 1 cup sweet milk, a piece of butter the size of an egg, 1 pint flour,

into which has been well sifted 2 tea-spoons baking powder. This cake is good enough for any occasion if made by rule. Work together with butter, sugar and yolk of the egg till it is light and foamy. Add next the milk and flour, and then the beaten white of an egg. Butter a piece of white paper, and lay in the bottom of the baking tin. Pour in the cake and bake in a pretty hot oven. It is done when a broom splinter can be inserted and withdrawn clean.

CITRON CAKE.

Six eggs, 4 cups flour, 2½ cups sugar, 2 cups citron, cut in little slices, 2 tea-spoons baking powder, 1 cup sweet milk, 1 cup butter.

ICE CREAM CAKE.

Two cups white sugar, 1 cup butter, 1 cup sweet milk, whites of 8 eggs, 2 tea-spoonfuls cream tartar, 1 tea-spoonful soda, 3¼ cups wheat flour. Bake in jelly pans.

Make an icing as follows: Three cups sugar, 1 of water, boil to a thick, clear syrup, and pour boiling hot over the whites of 3 eggs. Stir the mixture while pouring in. Add 1 tea-spoonful citric acid, flavor with lemon or vanilla, and spread each layer and on top.

CARLOTTA'S CUP CAKE.

One and a quarter cups sugar, half cup butter, half cup milk, 1½ tea-spoons baking powder, 3 eggs, 2 cups flour, nutmeg.

COTTAGE CAKE.

Three-fourths of a cup of butter, 1 cup white sugar, 1½ cups flour, 4 eggs, yolks and whites beaten separately, a table-spoonful sweet milk, 1½ tea-spoonfuls baking powder, lemon and a little salt. Rub the baking powder into the flour.

SCOTCH CAKE.

One pound flour, 1 pound sugar, 3 eggs, 2 table-spoons ground cinnamon, ¾ of a pound of butter. Mix the butter with the flour, and then add the other ingredients. If not sufficiently stiff to roll add more flour.

NO. 2.

Two pounds flour, 1 pound butter, half pound powdered sugar, and chop flour and butter together. Having made the butter quite soft by setting near the fire, knead in the sugar. Roll into a sheet not quite half an inch thick, and cut in two-inch squares. When you want them to look nice put a few sugar comfits in the center. They will stick by pressing them with the finger when placing them in. Bake a light brown. Put in a stone crock for a few days. They will get soft. Just melt them in your mouth.

SCOTCH CURRANT BUN.

Take 1 pint soft yeast, 1 tea-cupful shortening (lard and butter), 2 tea-cupfuls brown sugar, 1 pound dried currants, 1 pound raisins cut in two, ¼ pound citron. Take 6 eggs, beat them, and put in allspice, cloves and nutmeg according to taste.

Mix sugar and butter first, then add eggs and fruit, then yeast, water and flour, and mold out into 3 loaves, as you would do in baking ordinary loaves of bread, taking about the same quantity of flour. Then set to rise, which will take about 4 hours. Then bake in a moderately heated oven 1 hour.

CHOCOLATE AND VANILLA CAKE.

One and a half cups of sugar, one and two-thirds cups of flour, half cup butter, 1½ cups milk, half cup corn starch, 2 tea-spoons baking powder, the whites of 6 eggs beaten to a froth, 3 tea-spoons vanilla extract. Bake in layers of either 2 or 3, and spread frosting between and on top.

Frosting: The whites of 2 eggs beaten till you can turn the plate bottom side up, and half a pound of pulverized sugar. Take the yolks of the eggs you have just broken, and make chocolate cade: One and a half cups white sugar, ¾ cups butter, 2¼ cups flour, half a cup milk, the yolks of 8 eggs, 2 tea-spoons baking powder. Flavor with lemon or vanilla, bake in round pie tins in 5 layers, put chocolate frosting between, made in this way: The white of 3 eggs beaten very light, half a pound of powdered sugar, half a cake German sweet chocolate, or the same quantity of the bitter.

CREAM PUFFS.

Take 2 whole eggs, with 1 cup of sugar, half a cup of butter, 1 cup of sweet milk, 2 tea-spoons.

baking powder, 2½ cups flour, flavor with lemon Split the cakes while hot, and fill with cream, two-thirds of a cup of flour, 1 pint milk, 2 eggs. Heat the milk, mix sugar, eggs and flour together, and add to the milk; flavor and cook till like cream.

CINNAMON CAKE.

One cup sour cream, 1 cup sugar, half cup melted butter, 1 egg, half tea-spoon soda. Mix as for cookies, roll out, and spread ground cinnamon over the top, and then roll up as a roll of jelly cake, slice off with a sharp knife, and bake. Any good cooking recipe will do.

JELLY ROLLS.

Three eggs, half a cup sugar, 1 cup flour, 1½ tea-spoonfuls baking powder, the whites of 4 eggs, two-thirds cup pulverized sugar, half cup flour, half tea-spoonful baking powder, and a little salt.

COCOANUT CAKE.

One cup butter beaten to a cream, 3 cups sugar, 3 cups flour, 3 tea-spoonfuls baking powder, half cup sweet milk, the whites of 10 eggs, to be baked in layers like jelly cake. Instead of jelly, make a pastry of the whites of 3 eggs and 1 pound of powdered sugar, 1 box of desiccated cocoanut soaked in milk, and put between the layers.

CITRON CAKE.

Four eggs well beaten, 1¼ pounds sugar, ¾ pound butter, 1 pint sweet milk, 1½ pounds flour, half pound citron. Cut in thin pieces, well floured, baking powder as usual.

CREAM CAKE.

Two table-spoons butter, 2 tea-cups sugar, 3 eggs, half tea-cup sweet milk, 2 table-spoons cold water, 2 tea-cups flour, 2 tea-spoons baking powder. Bake quickly on 3 or 4 round tins. The "cream" for same is half pint milk, half tea-cup sugar, small piece butter, 1 egg, 1 table-spoon corn-starch. Boil until very thick. When nearly cold flavor with vanilla. When the cakes are cool put them together with it.

GOLD AND SILVER CAKE.

One tea-cup white sugar, half tea-cup butter, whites of 4 eggs, two-thirds tea-cup sweet milk, 2 tea-cups flour, 2 tea-spoons baking powder, flavor.

Gold Cake: Same as above, using the yolks of the eggs and adding 1 whole egg.

CURRANT CAKE.

One half cup butter, 1 of sugar, 2 eggs, half cup milk, 1½ cups flour, 1½ tea-spoons baking powder, 1 cup well washed currants, stirred in the last thing.

BUFFALO CREAM CAKE.

One egg, 1 cup of sugar, 1 table-spoonful butter, two-thirds cup of milk, 1 table-spoonful baking powder, 1 tea-spoonful vanilla, one and two-thirds cups of flour, salt, and bake as for jelly cake, in 3 layers.

Cream for above.—Heat 1 pint of milk and add to it 1 table-spoonful of corn starch, dissolved in a little milk, 2 eggs, 1 cup sugar, all beaten together.

Boil until it thickens. Split the cake when cold and fill with cream.

MARBLE SPICE CAKE.

Three-fourths pound of flour, well dried, 1 pound white sugar, one-half pound of butter, whites of 14 eggs, 1 table-spoonful of cream of tartar mixed with the flour. When the cake is mixed, take out about a tea-cupful of batter, and stir into it 1 tea-spoonful of cinnamon, 1 of mace, 1 of cloves, 2 of spice and 1 of nutmeg. Fill your mould about an inch deep with the white batter, and drop into this in several places, a spoonful of the dark mixture, then put in another layer of white and add the dark as before. Repeat this until your batter is all used up. This makes one large cake.

LEMON LAYER CAKE.

Two cups sugar, one-half cup of butter, 3 cups flour, 3 eggs, 2 tea-spoonfuls baking powder.

Jelly.—One cup sugar, 1 egg, 1 table-spoonful butter, the grated rind and juice of 1 lemon. All boiled till thick.

LEMON CAKE.

Twelve eggs, one and one-half pounds sugar, three-fourths pound of flour; grate the outside of 2 lemons with the inside of 1, or add 1 glass of wine with 3 tea-spoonfuls of essence of lemon.

NO. 2.

Three cups of sugar, 1 of butter, 1 of milk, 4 of flour, 5 eggs. Stir the butter and eggs to a cream.

Beat the eggs separately, the whites to a stiff froth. Dissolve one-half tea-spoonful soda in the milk. Mix all together. Sift the flour and put in by degrees, and add the juice and grated rind of a lemon.

LEMON JELLY CAKE.

Two cups sugar, three-fourths cup of butter, 1 cup of milk, 3 of flour, 2 tea-spoonfuls baking powder, 4 eggs. Bake in layers.

Jelly.—Take 2 lemons, pulp and peel, 1 coffee-cup of sugar, piece of butter the size of an egg and 2 eggs. Mix and boil till clear.

ICE CREAM CAKE.

One cup of sugar, 2 eggs, one-half cup sweet milk, one and one-half cups of flour, piece of butter the size of an egg, 3 tea-spoonfuls of baking powder.

Cream for cake.—One cup of sweet milk, 3 tea-spoonfuls powdered sugar, 1 table-spoonful of corn starch, boil until thick. Flavor with vanilla.

CHOCOLATE CAKE.

One cup of butter, 2 cups sugar, 1 cup sweet milk, 5 eggs, three and one-half cups of flour, three and one-half tea-spoonfuls baking powder. Save out the white of 1 egg for frosting. Flavor with vanilla. Bake in 4 thick layers.

Frosting.—One cup sugar, water enough to dissolve it; boil this very thick; while hot, pour over the beaten white of 1 egg, and at the same time stir briskly until thick. Add 2 sticks of German

sweet chocolate grated fine, and spread over the cake immediately. Have all the cakes baked so the frosting can be used as soon as made, for it hardens very quickly.

NO. 2.

Two cups sugar, two-thirds cup of butter, 1 cup sweet milk, 3 cups flour, 3 eggs, 2 tea-spoonfuls baking powder; flavor with lemon extract. Bake as jelly cake.

Caramel.—The whites of 3 eggs beaten very stiff, 2 cups sugar boiled until almost candy; pour very slowly on the whites, beating them quite fast, one-half cake Baker's chocolate grated, vanilla extract. Stir until cool, then put between each cake and over the top and sides.

NO. 3.

One cup sugar, two-thirds cup sweet milk, 1 egg, one and two-thirds cups flour, 1 table-spoonful butter, 2 tea-spoons baking powder. Made this into 4 cakes.

Mixture to put between: To the white of 1 egg add 2 table-spoonfuls sugar, 2 of grated chocolate. The sweet chocolate should be used. Put this quantity between each layer and also on top. You will find it very nice.

NUT CAKE.

Two cups sugar, 1 of butter, 3 of flour, 1 of cold water, 4 eggs, 2 tea-spoonfuls baking powder, one and one-half cups kernels of hickory or white walnuts.

FIG CAKE.

For the cake take 1 cup butter, 2 cups sugar, 3½ cups flour, half cup sweet milk, whites of 7 eggs, 2 tea-spoons baking powder. Bake in layers. For the filling take a pound of figs, chop fine, and put in a stew-pan on the stove. Pour over it a tea-cup of water, and add half a cup of sugar. Cook all together until soft and smooth; let it cook, and spread between the layers.

PORK FRUIT CAKE.

One pound pork chopped fine, 1 pint boiling water, 1 cup sugar, 2 of molasses, 1 pound raisins, ¼ pound citron, 1 nutmeg, 2 table-spoons cloves, 3 of cinnamon, 1 of soda, 1 tea-spoon ginger, and 4 cups flour.

TEA CAKE.

One cup sugar, 1½ cups butter, 1 cup flour, 3 eggs beaten separately, 1½ tea-spoons baking powder. Add raisins if you like. It is almost as good as pound cake.

NO. 2.

One cup sugar, 1 tea-spoonful butter, 3 eggs. Beat well together, and then add a cup of sweet milk (you may use part water) and a quart of sifted flour, into which you have mixed a spoonful of cream tartar and a half tea-spoonful of soda. Bake in a quick oven. It is improved by sprinkling sugar over the top, before baking. This will make 2 cakes, which are best when eaten warm.

PORK CAKE.

Three-quarters of a pound of salt pork chopped as fine as lard, and then pour on a pint of boiling strong coffee, 2 cups brown sugar, 1 of molasses, 2 tea-spoonfuls cloves, 1 of cinnamon, 1 of nutmeg, 2 tea-spoonfuls of soda, 1½ pounds raisins, also citron and currants. Bake slowly. This will make 3 cakes.

FROSTING, ICING, ETC.

FROSTING.

Beat ¼ pound pulverized sugar with the juice of 1 large lemon, and add the white of an egg beaten to a stiff froth, and 1 table-spoon of rum or arrak. Beat to a snowy white, put over your cake, and dry in a warm oven.

CHOCOLATE FROSTING.

One cake, or half a pound, Maillard's French vanilla sweet chocolate grated, half cup granulated sugar, ¾ cup sweet milk, 1 table-spoon butter, a little salt. Boil 20 minutes, stirring constantly. Take from the fire and pour into a dish. When near cool add 1 table-spoon of vanilla, and spread on the cake. If the mixture is thicker than jelly thin it with milk. This quantity will ice 2 cakes of 3 layers each. The best cake is gold cake baked in jelly tins. This will prove a success if the experimenter can catch that "twist of the wrist" that forms an essential but indefinable part of every woman's recipe.

NO. 2.

Whites of 3 eggs beaten very light, 9 table-spoonfuls of powdered sugar, and 6 table-spoonfuls of grated chocolate.

NO. 3.

First make a cream or custard pie, reserving for frosting the whites of three eggs, using the yolks and 2 whole eggs for the pie. While your pie is baking scrape very fine 2 table-spoonfuls of Baker's chocolate, and place it on the back part of the stove to melt. Now beat the whites of your eggs well. Add 6 tea-spoonfuls of pulverized sugar. When the chocolate is melted, stir a little of the frosting into it, beating very hard, add a little more until all is added. Do not make the mistake of stirring the chocolate into the egg, as it will remain clouded. When the pie is done, pour the frosting on top, and return to the oven for 5 minutes. In using chocolate, it is much better to warm it until it is soft enough to mix in frosting or Charlotte Russe, than to dissolve it in water.

CHOCOLATE ICING.

Take the whites of 2 eggs, one and one-half cups powdered sugar, and 6 table-spoonfuls of chocolate.

CHOCOLATE FILLING.

Whites of 3 eggs, one and one-half tea-cups of sugar, 3 table-spoonfuls grated chocolate, 1 tea-spoonful vanilla. Beat the whites of the eggs well and then add the other ingredients, then beat all

together and spread between the layers and on the top of the cake.

ICING.

Two and a half cups sugar, two-thirds cup water, boil together until it candies, then add the whites of three eggs slightly beaten, stirring briskly for 15 minutes, or until it seems perfectly smooth and white, then add the juice of 1 lemon. This is sufficient for 1 large white mountain cake of 8 or 9 layers, covering also the top and sides.

NO. 2.

Beat the whites of four eggs with 1 pound of powdered sugar, sifted with one-half a table-spoonful of corn starch, and one-fourth of an ounce of fine gum arabic. Stir it well.

PIES.

MOCK MINCE PIE.

Six soda crackers rolled fine, 1 cup hot water, 1 cup molasses, one-half cup brown sugar, one-half cup vinegar, one-half cup melted butter, 1 cup of raisins chopped, 1 tea-spoonful each of cinnamon, cloves, alspice and nutmeg. Measure in a coffee-cup.

PIE CRUST.

Take 3 cups of sifted flour, 1 cup of lard, a little salt and one-half a cup of cold water. Handle as little as possible. Never butter or grease your pie

pans; it will make the under crust stick and the pie hard to slip out.

ENGLISH MINCE PIE.

Three and a half pounds of beef and suet each, chopped fine, 3½ each of raisins and currants, 7 pounds of apples chopped, 1 pound of candied citron, 2 pounds sugar, 1 ounce nutmeg, 4 quarts good cider, 1 pint best vinegar, salt, and a pint of golden syrup. Half of the raisins should be stoned and chopped and the other half left whole.

LEMON PIE.

Yolks of 2 eggs, 1 cup sugar, the juice and grated rind of 1 lemon, 1½ cups cold water, 2 table-spoonfuls of flour and 5 of water, mixed for thickening. Bake until done, but not watery. Beat the whites of the eggs to a stiff froth and stir in ¾ cup sugar. Spread over the top and brown in the oven.

ORANGE PIE.

Take the juice and grated rind of 1 orange, 1 small cup sugar, yolks of 3 eggs, 1 table-spoon of corn-starch made smooth with milk, piece of butter as large as a chestnut, and 1 cup of milk. Beat the whites of the 3 eggs with sugar, and place on the top after the pie is baked, leaving in the oven until browned.

MOTHER'S LEMON PIE.

Juice and grated rind of 1 lemon, 1 cup of white sugar, 1 table-spoonful of butter, two table-

spoonfuls sweet milk, 4 eggs. Mix it all as carefully and thoroughly as for a cake. If the mixture is not sufficient to fill your pie tin add more milk. If you want it super-excellent beat the whites of 2 eggs, with 2 table-spoonfuls of powdered sugar for a meringue. Spread it on smoothly after the pie is baked, and set back into the oven to brown nicely.

TWO-CRUST LEMON PIE.

Line your pie tin with a good crust, roll your lemons to soften them, grate the rind of 1 large or 2 small lemons, cut the lemons in thin slices, pick out the seeds, spread evenly 1 layer over the crust, spread 1 cup of sugar over the lemon, and then add 1 cup of paste made by taking 4 table-spoonfuls of flour, and wetting it with cold water, the same as you would to make starch. Turn boiling water on it, stirring while cooking on the stove a few moments and adding a pinch of salt, with the grated rind of the lemons. When thickened enough pour it over the sugar and lemon, and cover with a crust, cutting slits in it to let out the air. Bake slowly.

MARLBOROUGH PIE.

Six tart apples, 6 ounces of sugar, 6 ounces of butter or thick cream, 6 eggs, the grated peel of 1 lemon and half the juice. Grate the apples after paring and coring them. Stir together the butter and sugar, as for cake, and then add the other ingredients and bake in a rich under paste only.

SQUASH PIE.

Obtain a good Hubbard squash; saw into quarters, and bake 2 of these until dry and thoroughly done; scrape out the dry mealy part, and while warm add a tea-spoonful of flour and rub it well, wetting as you go with a little milk. This should be heated, and to this quantity of squash you will want 3 pints of milk. Now comes the eggs. Two for a pie will do, 3 won't hurt. Use a small tea-cupful of sugar for each pie. To this add the yolks of the eggs, and beat a long time, adding for each pie 1 tea-spoonful of ginger and 1 of cinnamon. Line your tins with a nice paste, in which you have sifted one-half a tea-spoonful of baking powder. Beat up your whites to a stiff froth, stir the yolks in first, then the whites, fill your shell and place in the oven, which must not be too hot, as they will brown too fast and spoil the golden foam that comes to the top.

NO. 2.

Boil enough squash (with a little salt in the water) to make a quart of pulp, 1 quart of milk, 2 cups of sugar, 1 table-spoonful of ginger, one-half a nutmeg, the grated rind of a lemon, 4 eggs. Bake in deep pie plates.

POTATO PIE.

Potato pie is made the same as pumpkin pie. Cook and mash the potatoes, then put in 1 egg to a pie, thin out with milk and sweeten and flavor to taste.

PUMPKIN PIE.

Pare and cut in small bits, and boil the day before the pies are made; when tender, rub through the colander, then add to about 3 pints of the strained pumpkin, 5 eggs, a little salt, 1 pint of sweet milk, sweeten to taste, a little ginger and lemon extract for flavoring. Bake in a quick oven.

FRUIT PIE.

Line a soup plate with a rich paste and spread with a layer of strawberries or raspberry preserves, over which sprinkle 2 table-spoonfuls of finely chopped almonds (blanched, of course), and one-half ounce of candied lemon peel cut into shreds. Then mix the following ingredients:

One-half pound white sugar, one-fourth pound butter melted, 4 yolks and 2 whites of eggs, and a few drops of almond essence. Beat well together and pour the mixture into the soup plate, over the preserves, etc Bake in a moderately warm oven; when cold sprinkle a little powdered sugar over the top. A little cream eaten with it is a great addition.

WASHINGTON PIE.

For the crust use 2 cups sugar, half cup butter, 3 cups sifted flour, 4 eggs, half tea-spoonful cream tartar. For the filling, 1 table-spoon corn starch boiled in half a pint of milk. Beat the yolk of 1 egg very light and stir into the milk. Flavor with vanilla, and when cold add the other half of the

milk and the white of the egg beaten to a stiff froth and stirred in quickly. Spread this between the cakes, and ice it with the white of 1 egg and 8 table-spoonfuls of fine sifted sugar, flavoring with lemon.

MINCE PIE.

Seven pounds beef, after it is boiled and chopped, 7 pounds apples, 6 pounds raisins, 4 pounds currants, 6½ pounds sugar, 1 pint molasses, 1 pound suet, a little salt, 4 large oranges, cinnamon, cloves, nutmeg, mace and allspice to suit your taste, 2 pounds citron, 2 gallons cider. Boil the orange peel in some of the cider to make it soft. Use the cider the orange peel was boiled in also, and, if you like, 1 cup of brandy.

MINCE-MEAT.

Four pounds meat, 3 pounds suet, 3 pounds raisins, 3 pounds currants, 1 pound citron, 3 pounds brown sugar, 1 pint syrup or molasses, grated rind and juice of 8 lemons, 2 ounces ground cinnamon, 1 ounce cloves, 1 ounce nutmeg. Boil meat very tender, pick out all bits of fat and gristle, chop the suet fine, removing all strings and threads, and then mix thoroughly together. Season with salt and black pepper. Wash many times the currants, let them dry well, and then add to the mixture. Seed the raisins and do not chop fine. Add the syrup and spices, and slice the citron thin. To the above add a pint of chopped apples. It is best only to add the apples

at each baking, and wet with sweet cider till the mixture is juicy. When ready to bake take mince-meat first enough for the number of pies wanted, and place it on the stove in a crock or jar and let it get heated through. Taste and add whatever you think it needs—it may be a little salt or spice, or perhaps it is not sweet enough. Make pastry rich, place the mince-meat in the pie, not too thick or full, and some little bits of butter, a few whole raisins, and a few slices of citron. Keep the mince-meat well covered and in a cool place.

CREAM PIE.

Bake a crust in a large pie tin, and lift it out on a plate. For filling take 1 pint of very rich milk, boil three-fourths of it, and with the remaining quarter stir 2 table-spoons of corn-starch. Add to the boiling milk, stirring all the time, and then add half a tea-cup sugar, then the yolks of 2 eggs well beaten and thinned with a little milk. Remove from the fire, flavor with vanilla and nutmeg, and pour into the crust. Whip the whites, add half a tea-cup sugar, frost the pie, and place in the oven to brown slightly. Serve cold.

NO. 2.

Place 1 pint of milk in a tea-kettle boiler until hot (not boiling), and add 1 cup white sugar, ½ cup flour, and 2 eggs well beaten. Stir rapidly until thoroughly cooked, flavor with lemon or vanilla, pour over the crust, which should be previously baked. Beat the whites of 2 eggs to a stiff froth;

add 3 table-spoonfuls of powdered sugar, pour over the custard, and set in the oven and allow it to come to a light brown. To be eaten cold.

NO. 3.

One large table-spoonful of butter, 3 of sugar, 2 of flour, 2 eggs, and a little more than half a pint of milk. Beat the sugar and butter to a cream; beat the eggs well and mix them with the milk. Then stir in the flour, etc. Flavor with whatever you like. If with lemon, grate the rind and use some essence. This is for 1 pie.

CUSTARD PIE.

Take about half pint of flour, a pinch of salt, lard the size of an egg, and rub together with the hands, not too fine if you want it flaky. Use just enough cold water to stick together. Do not knead it or work it much. Line a pie tin with crust and bake. If it rises up while baking press it down with your hand before it gets hard. Heat 1 pint of milk boiling hot, and then take half cup flour, half cup sugar, and the yolks of 2 eggs. Beat them together and stir into the boiling milk, and cook about 5 minutes. After the crust is baked put in the mixture, and then put upon the top a frosting made of the whites of the eggs and 2 table-spoonfuls of sugar, and brown in the oven. Flavor with lemon. To be eaten cold.

CINNAMON PIE.

One pound brown sugar, 2 ounces cinnamon,

half cupful butter. Divide in 3 parts. Mix 2 eggs and 1½ cupfuls milk together. For the crust take 4 cupfuls flour, 1½ cupfuls lard or butter, 2 tea-spoonfuls baking powder, salt to taste. Mix with sufficient water to make soft dough, divide in 3 parts and roll thin. Put 1 layer of crust in a deep pie dish, and cover it with sugar, then cinnamon and a small piece of butter. Then wet the mixture of milk and eggs, saving enough for the other 2 parts. Lay the second and third crusts on, and do the same as with the first. There should be no crust on top. Bake in a quick oven.

COCOANUT PIE.

Put a cup of cocoanut to soak in sweet milk as early in the morning as you can. Take a tea-cupful of cocoanut and put it in a coffee-cup and fill up with milk. When ready to bake mix 2 table-spoonfuls of flour with milk and stir in three-fourths of a cup of milk or water, place on the stove and stir until it thickens. Add butter the size of a walnut while warm. When cool add a little salt, 2 eggs, saving out the white of one for the top. Sweeten to taste. Add the cocoanut, beating well. Fill the crust and bake. When done, have the extra white beaten ready to spread over the top. Return to the oven and brown slightly.

NO. 2.

Open the eyes of a cocoanut with a pointed knife or gimblet, and pour out the milk into a cup,

then break the shell and take out the meat and grate it fine. Take the same weight of sugar and grated nut and stir together. Beat 4 eggs, the whites and yolks separately, to a stiff foam. Mix 1 cup of cream and the milk of the cocoanut with the sugar and nut, then add the eggs and a few drops of orange or lemon extract. Line a deep pie tin with a nice crust, fill them with the custard, and bake carefully half an hour.

PUDDINGS.

SUET PUDDING.

One cup of suet chopped fine, 1 tea-cup of molasses, 1 tea-cup of sweet milk, three and one-half tea-cups of flour, 1 tea-cup of raisins, 1 tea-spoonful of soda. Steam 2 hours.

Sauce for the same.—One cup of sugar, one-half cup of butter, 1 egg, 1 table-spoonful of vinegar, 1 tea-spoonful of lemon extract. Beat well and bring to a boil. Serve hot.

NO. 2.

One pint of bread sponge, 1 cup of chopped suet, 1 cup of brown sugar, 1 cup of sweet milk, 1 large cup of raisins, one and one-half tea-spoonfuls cinnamon, 1 of cloves, 1 of salt, one and one-half of soda, flour to make very stiff. Put in a 2-quart pan, and steam two and one-half hours. Do not lift the cover until done. Make any kind of sauce you like best and serve hot.

NO. 3.

One cup suet, two and one-half of flour, 1 of raisins, 1 of currants, a small cup of molasses, spice to taste, 1 dessert-spoonful of baking powder. Bake three-fourths of an hour.

RENA'S PUDDING.

Take stale bread, place in a pan, cover with cold water, and set on the back of the stove—not too hot a place. If the bread is sour put a little soda in the water, and let soak until soft. If you have more water on the bread than it takes up pour it off until dry, and then beat fine with a spoon. If it is very watery press the water out and throw away. To 1 quart of bread after soaked add 1 cup of currants or raisins, 1 large table-spoonful of sugar. Bake in a hot oven for 40 minutes, if not too large. Eat with cream or milk flavored and sweetened, thin boiled custard, or sugar and butter.

IMITATION PLUM PUDDING.

Soak some dried apples all night, and in the morning chop very fine. Put a tea-cupful of them into a pint of molasses, and keep slightly warm for an hour or two. After that add 1 cup of chopped suet, 1 of water, 1 of chopped raisins, a pinch of salt, a tea-spoonful of cinnamon, 3 pints of flour, and 2 tea-spoonfuls of baking powder. Put the flour in last and stir all together thoroughly. Boil 2½ hours in a bowl or tin pudding mold. This may be eaten with wine sauce, and is a good imitation of genuine plum pudding.

BREAD PUDDING.

One coffee-cup bread crumbs dried and rolled fine, 1 tea-cup of sugar, 1 quart of milk, 1 tea-spoonful ginger, a little salt, 3 eggs, (saving out the whites of 2); when baked spread jelly over the top, then a frosting made of the whites of the eggs, and 1 table-spoonful of sugar. Return to the oven until slightly browned.

NO. 2.

Soak your bread in as little cold water as will soak it thoroughly, and then beat it up, water and all, and add flour enough to make it the consistency of apple sauce. Add sugar, cinnamon, a little nutmeg, allspice, which must predominate, and some well-washed currants. Also a little butter melted and stirred in. If it is bakers' bread scald a little saleratus and stir in thoroughly, but if it is house-made bread add a tea-spoonful of baking powder to your flour at the rate of 2 tea-spoonfuls to the quart of pudding. Bake in shallow pans and cut in squares when serving. Turn over and put on each a small piece of butter, and dust plentifully with powdered sugar. This requires a little care in making, but is universally liked and very wholesome and economical, as no eggs or cream are required.

BREAD AND APPLE PUDDING.

Butter a pudding dish and place in it alternate layers of bread crumbs and thinly sliced apples. When the dish is filled (sprinkle sugar, over each

layer) let the top layer be of bread crumbs, over which 2 or 3 table-spoonfuls of melted butter should be poured. Bake in a moderately hot oven and place 2 or 3 nails under the dish, so it will not burn on the bottom. Let it bake ¾ or a whole hour, according to the cooking qualities of the apples.

RICE PUDDING.

Soak 1 cupful of the best rice, and after soaking 4 hours drain it off. Place the rice in a pudding dish, and add 1 cupful sugar, 1 tea-spoonful salt, and 11 cupfuls milk and spice. Put in a moderate oven and bake from 2 to 3 hours, stirring occasionally at first if the rice settles.

GELATINE PUDDING.

One ounce gelatine, 1 pint cold milk. Set on the range and let it come slowly to a boil, stirring occasionally. Separate the yolks and whites of 6 fresh eggs, and beat the yolks well and stir slowly into hot milk. Add half a pound of granulated sugar. When quite cold stir in a quart of whipped cream flavored with vanilla and lemon extract mixed. Have the whites of the eggs beaten very stiff, and stir in the last thing. Put on ice.

TAPIOCA PUDDING.

Soak 8 table-spoonfuls of tapioca in a quart of warm milk till soft, and then add 2 table-spoonfuls of melted butter, 5 eggs well beaten, cinnamon and sugar to your taste. Bake in a buttered dish without any lining.

NO. 2.

Put a tea-cup of tapioca and tea-spoonful of salt into a pint and a half of water, and let them stand 5 hours where they will keep warm. Two hours before dinner pare and core 6 apples, place in a pudding dish, and fill the holes with sugar, over which sprinkle cinnamon. Add a tea-cup of water and bake 1 hour, turning the apples to prevent burning. When the apples are soft pour over them the tapioca and bake 1 hour. Serve with hard sauce of butter and sugar.

APPLE PUDDING.

Make a good paste, roll it out and place in a basin rubbed with dripping. Press out the plaits, so that the crust may be of an equal thickness all around. Peel and cut up 4 large apples, put half of them in, and then add 1 table-spoonful of moist sugar and 1 of cloves. Put in the rest of the apples, cover the top well over with paste, press it down that the water may not get in, tie a cloth over, and put in boiling water and boil fast for 2½ hours if the crust be made of dripping, and 1 hour if it be made of suet. Take off the cloth, pass a knife around the edge of the basin, and turn out the pudding carefully when sending it to the table.

MACARONI PUDDING.

A quarter of a pound of macaroni broken into pieces an inch long, 1 pint water, 1 table-spoonful butter, 1 large cup milk, 2 table-spoonfuls pow-

dered sugar, grated peel of half a lemon, a little cinnamon and salt. Boil the macaroni in the water (in a dish set in a kettle of water) until it is tender. Then add the other ingredients. Stir all together, taking care not to break the macaroni. Simmer 10 minutes. Turn it up on a deep dish and serve with sugar and cream.

PLAIN BOILED PUDDING.

One cup sour cream, half cup molasses, cup melted butter, 2½ cups flour, 1 tea-spoonful soda, a little salt. Mix the molasses and butter together and beat until very light. Stir in the cream and salt, and then the flour gradually, until it is a smooth batter. Beat in the dissolved soda thoroughly, and boil in a buttered mold an hour and a half. To be eaten hot with sweetened liquid sauce.

SWEET POTATO PUDDING.

To 2 coffee-cupfuls mashed potato add 1 tea-cupful sugar, 1 tea-cupful butter, 4 eggs, 1 tea-cupful sweet cream, 1 tea-spoonful cinnamon, 1 grated nutmeg, 1 tea-spoonful lemon extract, and a pinch of soda dissolved in a tea-spoonful of water. Beat the eggs light and add the sugar and butter rubbed to a cream. Stir all together into the mashed potato while hot. Cover a deep plate with puff paste and pour in the mixture. Bake in a moderate oven, and when done cover the top with slices of fruit marmalade, and sprinkle thickly with granulated sugar.

BAKED INDIAN PUDDING.

For a two-quart pudding use 2 tea-cups meal. Moisten the meal with cold water, and add 1 table-spoonful butter, 2 tea-cups sugar, 1 cup raisins, 3 eggs well beaten before adding, and fill up with sweet milk. Season with whatever spice is preferred. Bake slowly half an hour or more.

CARROT PUDDING.

One cup of chopped carrots, 1 cup mashed potatoes, 1 cup chopped suet, 1 cup syrup, 2 eggs, 2 cups flour, spice to suit the taste. The carrots and potatoes are to be boiled first, of course. If the day before it will answer just as well.

SPICED PUDDING.

Take 1 small square loaf baked bread, peel off the crust, cut in pieces and pour upon it 1 pint of boiling water, and add 1 tea-spoonful of salt. Take 1 pint of flour and add 1 tea-spoonful baking powder, 2 coffee-cups of raisins seeded and chopped. Mix all well with the flour, first powder and next raisins, then add the soaked bread, and 1 tea-spoonful of allspice, cinnamon, mace and cloves. Then add by degrees 1 coffee-cup of sweet milk, and beat the mass well together. Scald the pudding bag and put in the pudding, which should be pretty stiff and boil 3 hours. The whole secret lies in plunging puddings in boiling water immediately after they are mixed, and never letting them cease boiling. Be sure and turn them over, and always leave room in the bag for swelling. A wire

basket for holding puddings while boiling, is an excellent thing; make with legs to keep it from the bottom of the kettle to prevent burning.

PLUM PUDDING.

Two pounds of stoned raisins, 2 pounds well washed Zante currants, 1 pound sliced citron, 2 pounds finely chopped beef suet, 1 pound flour, 1 pound bread crumbs, 1 pound sugar, 1 nutmeg, 1 teaspoonful each powdered cloves, allspice and cinnamon, the grated peel of a lemon and a table-spoonful of salt. Mix these ingredients thoroughly, add 10 eggs and sufficient milk to moisten to about the stiffness of fruit cake. Tie in a well floured pudding cloth, and boil at least 8 hours. Serve with nice sauce.

COTTAGE PUDDING.

One cup sugar, 2 cups flour, nearly 1 cup cold water, 1 egg, piece of butter size of an egg, 2 teaspoonfuls of baking powder, salt.

Sauce.—One cup sugar, one-third cup of butter. Mix thoroughly. Add 2 cups boiling water, 1 table-spoonful corn starch beaten with the butter and sugar. After taken from the stove, add 1 well beaten egg, and half a lemon sliced. *Cheap and good.* A hot oven is necessary for the pudding.

BATTER PUDDING.

Four eggs, whites and yolks, 2 cups flour, 1 pint of sweet milk and 1 tea-spoonful of salt. Mix the baking powder and salt with the flour, beat the eggs and stir in the milk, gradually at first,

until the whole is one smooth mass. Scald a pudding bag in boiling water, put in the mixture, and plunge the whole into a kettle of boiling water and boil 2 hours. To be eaten with cream and sugar.

HOTEL PUDDING.

Boil 1 quart of milk. Add one-fourth cup of butter, 1 cup of corn meal, mixed with cold milk, one-half cup each of sugar and molasses, 1 tea-spoonful cinnamon, 1 of ginger, 2 eggs, salt, one-half cup of raisins. Sauce if you like.

BANNOCK PUDDING.

One cup corn meal, 1 of flour, well mixed, 1 cup sour milk, 1 egg, 1 tea-spoonful of lard, 1 small tea-spoon of soda.

EGG PUDDING.

One pint sweet milk, 4 eggs well beaten, 4 table-spoonfuls flour. Add to the eggs until a smooth mass, and then add the milk slowly, with a pinch of salt. Beat all smoothly together, put in a well buttered dish, and bake about twenty minutes. Eat with sauce made of butter and sugar beaten together to a cream. Flavor with vanilla.

BOILED INDIAN PUDDING.

One and a half cups sour milk, 2 eggs well beaten, 1 tea-spoonful saleratus dissolved in milk. Then sift in corn meal dry until the consistency as if for griddle cakes, or a little thicker. Stir in 1 tea-cup of dried fruit—cherries are the best. Put in a bag and boil an hour.

For sauce, sweetened cream flavored with nutmeg.

GRAHAM PUDDING.

Take a pint of water and allow it to boil thoroughly, and then salt and stir in very slowly graham flour, which must be fresh and sweet, until quite thick. After doing so remove to the back part of the stove, and let it boil slowly 15 minutes or more. It must be stirred at intervals to prevent burning. Serve nearly cold with sugar, syrup or cream.

DELICATE PUDDING.

One cup granulated sugar, 1 cup sweet milk, 1 egg, butter the size of an egg, 1 cup raisins, 2 teaspoons baking powder, flour to make the consistency of cake. Steam in a greased basin 1 hour.

DELMONICO PUDDING.

One quart milk, 3 tea-spoons corn-starch, mixed with a little cold milk, 5 eggs. Separate them, put the yolks with the corn-starch, add 6 table-spoonfuls sugar, and put this into the corn-starch with the milk when boiling. Boil 3 minutes, or till cooked, beat the whites to a stiff froth, and add 3 table-spoonfuls powdered sugar. Bake sufficient to hold the icing.

SAGO PUDDING.

Soak 1 cup of sago in warm water until it is all swelled alike. Add water as it thickens, keeping it warm on the back of the stove. When all is swelled peel 6 sour apples, core them, put them in

the sago, sprinkle some sugar on top, and bake until the apples are done—say half an hour. To be eaten with sugar and cream.

POOR MAN'S PUDDING.

One cup molasses, 1 cup sour milk, half cup butter or beef drippings, 1 tea-spoon soda, flour to make as stiff as can be easily stirred. Use raisins as taste or purse dictates. Put in a spouted cake tin and steam 3 hours. Eat with sweetened cream or any sauce preferred.

SAUCES.

LEMON SAUCE.

The juice of a nice soft lemon, some water, sugar till sweet enough and a little whole cinnamon. Let this come to a boil and pour a little in a cup, the well beaten yolks of 2 eggs, with the "eye" of the egg removed, and when you have the cup filled with boiling sauce pour back into the pot, set on the stove and let it come to a boil again, stirring all the while, then remove immediately and put in your sauce dish to get cool. Beat the whites of the eggs very stiff with powdered sugar and put right on top of the sauce. Do not pour the sauce over the pudding till just ready to eat it.

ORANGE SAUCE.

Place on the fire in a porcelain sauce pan ¼ of a

pound of white sugar, ½ pint of water, juice of 1 large orange and the rind cut off exceedingly thin, boil 5 minutes, strain and add 1 glass of white wine.

NO. 2.

One coffee cup sugar, ½ cup butter and 1 egg. Mix the three to a cream and pour boiling water, 1½ pints, over them, mixing well, after flavoring with lemon or vanilla.

PANCAKES, FRITTERS, ETC.

OAT-MEAL CAKES.

One cup of oat-meal, wet with 1 cup of sweet milk. Soak over night, in the morning add a little salt, 1 tea-spoonful of baking powder, 1 egg, and enough sweet milk and a little cream to make as other gems. Bake in gem pans in a quick oven.

BUCKWHEAT CAKES.

When the time comes around for buckwheat cakes, the best way to make them is to use ½ graham flour and ½ buckwheat flour. Set them with yeast over night, adding a little sugar and salt. Use milk or water.

BREAKFAST CAKES.

One egg beaten very light, 1 cup of graham flour, 1 cup of wheat flour, a little salt, sweet milk enough to thin them like griddle-cakes. To be baked in irons heated hot before putting them in.

This will make just 12. Be particular and beat the eggs very light.

CORN MEAL CAKES.

Take 2 cups corn meal, 1 cup of flour, a little salt. Mix well together. Two eggs well beaten, 1 pint of thick sour milk, in a little of which stir 1 even tea-spoonful of soda. Mix well together in a batter, and fry on a well greased griddle. The ladies need not be afraid to let their children eat them.

APPLE FRITTERS.

Pare, core and boil some juicy, tart apples in a very little water, chop fine, beat 7 eggs very light, and add to them slowly ¾ pound of sifted prepared flour. Beat very light, put in apples enough to thicken the batter, and the grated yellow rind and juice of a lemon. Have the very best lard at a perfectly boiling point, put in it a thick slice of raw apple, put a large spoonful of the batter in at a time, and as many spoonfuls as the pan will hold. They take but a few minutes to do, and need not be turned over. Must be made at the moment you wish to use them, and sent to the table at once. Each panful must be sent in as quickly as baked. Powdered sugar with cinnamon and nutmeg in it is nice for them.

GRAHAM GRIDDLE CAKES.

Use the white wheat graham if possible. Equal parts of graham and corn meal stirred into sour buttermilk or other sour milk, with a little butter

added; soda and salt and 1 or more spoons of sugar. Try them, and if they are sticky the milk is too sour. Add 1 or 2 eggs or a little water. This is not a precise recipe, but I think no one will have trouble with it, as it can be varied considerably and still be good.

CUSTARDS, ETC.

APPLE MERINGUE.

Pare, slice, stew and sweeten 6 tart juicy apples. Mash very smooth or rub through a sieve. Season with nutmeg or lemon peel. Line a generous sized plate with an under crust, and bake first. Whip the whites of 3 eggs, with 3 table-spoonfuls of pulverized sugar, till it stands alone. Fill the crust with apples, and then spread the eggs smoothly over the top. Return to the oven and brown nicely. If you put your eggs in a dish of cold water a while before breaking them they will beat up nicer.

ITALIAN CREAM.

Put the juice of 1 lemon and the rind of 2 to 1 quart of thick cream. Sweeten with half a pound of sugar, and let it stand for half an hour. Add 1 ounce isinglass dissolved in half a pint of water. Stir till perfectly smooth and free from lumps. Strain the whole mixture through a fine sieve, and then beat together for several minutes. Put into a mold, and when cold and perfectly set turn upon a dessert dish.

SNOW CREAM.

Sweeten a pint of cream very sweet, flavor with vanilla or lemon, as you prefer, and let it stand where it will get very cold. When nearly ready for dessert beat new-fallen snow into the cream till stiff enough to stand alone. Serve at once.

APPLE PUFFETS.

Two eggs, 1 pint milk, sufficient flour to thicken as waffle batter, 1½ tea-spoonfuls baking powder. Fill a tea-cup alternately with a layer of batter and apples chopped fine. Steam 1 hour, and serve hot with flavored cream and sugar. You can substitute any fresh fruit or jams you like.

VELVET CREAM.

Take a package of gelatine and soak it in a cup of cold water till nearly dissolved, and then place on the stove till heated through and thoroughly smooth, having added sufficient sugar to sweeten a quart of cream. Strain through a fine sieve, and add the cream when nearly cold, stirring until well mixed. Flavor, of course. Almond is very delicate. Turn into a mold, and it will harden in a few minutes in cold weather. Some people use a cup of white wine instead of water, but it will be more apt to curdle.

LEMON BUTTER.

For tarts, 1 pound pulverized sugar, whites of 6 eggs and yolks of 2, 3 lemons, including grated rinds and juice. Cook 20 minutes over a slow fire, stirring all the while.

JELLIES.

LEMON JELLY.

Dissolve ½ box of gelatine in 1 cup of cold water, grate 2 lemons, take off the thick skin and grate the pulp. Put 3 tea-cups of water into a porcelain kettle, add 3 even cups of sugar, let it boil a few minutes, then add the pulp and grated rind of the lemons, also the dissolved gelatine. Put in a mold and set in a cool place.

WINE JELLY.

Two pounds of white sugar, 1 pint sherry wine, 1 pint cold water, 1 package Coxe's gelatine, juice of 2 lemons and grated rind of 1, 1 quart boiling water, 1 good pinch of cinnamon. Soak the gelatine in the cold water 1 hour. Add to this the sugar, lemons and cinnamon, pour over all a quart of boiling water and stir until the gelatine is thoroughly dissolved. Put in the wine, strain through a double flannel bag without squeezing. Wet your molds with cold water and set the jelly away in them to cool.

CRANBERRY JELLY.

Two ounces isinglass, 1 pound double refined sugar, 3 pints well strained cranberry juice. Make a strong jelly of the isinglass, then add the sugar and cranberry juice. Boil up. Strain it into shape.

PICKLES.

MIXED PICKLES.

One colander of sliced green tomatoes, 1 quart sliced onions, 1 colander of cucumbers pared and sliced, 2 good handfuls of salt. Let all stand over night, then drain through a seive. Scald ½ cup celery seed, ½ ounce allspice, 1 tea-cup white mustard seed, 1 table-spoonful black pepper, 1 pound brown sugar, 2 table-spoonfuls mustard, 1 gallon vinegar, poured over hot.

CUCUMBER PICKLES.

To 1 gallon of soft water add 1 tea-cup of rock salt, heat it boiling hot, pour it over your cucumbers, let them remain in the brine 24 hours, turn off the brine, heat it again and turn on the cucumbers the second time, when they will be ready for the cider vinegar, which must be poured over them cold; cover them with horse radish leaves to prevent mold rising on them, press them under the vinegar with a heavy plate, and in a few days they will be ready for use, and will keep green and bright all winter.

SWEET GRAPE PICKLES.

To 8 pounds of fruit use 4 pounds sugar and 1 quart vinegar. Place the fruit in jars. Boil and skim the syrup, and pour over the grapes boiling hot. Repeat this process 3 or 4 days, then seal up and set in a cool dry place. Boil any kind of spices in the syrup that suits the taste.

PEACHES PICKLED.

Take to 1 gallon of good cider vinegar 8 pounds of cut sugar. Let this dissolve in a large jar. Stick a clove into each peach. Put over the fire about a quart of the vinegar with the sugar dissolved, and drop in while cold 16 good peaches that will just fill a Mason's quart jar. Allow the peaches to boil slowly until a fork will stick easily through them. You must put in a stick of cinnamon and a little allspice and cloves tied up in a rag. Not too much, for it makes them black. Take out and carefully place in a jar one by one. Fill with the liquid and screw on the top.

CHOW-CHOW.

Two quarts of small white onions, 2 quarts of gherkins, 2 quarts of string beans, 2 small cauliflowers, half a dozen ripe red peppers, half pound mustard seed, half pound whole pepper, 1 pound ground mustard, and, as there is nothing so adulterated as ground mustard, it is better to get it at the druggists; 20 or 30 bay leaves, and 2 quarts of good cider or wine vinegar. Peel the onions, halve the cucumbers, string the beans, and cut in pieces the cauliflower. Put all into a wooden tray and sprinkle well with salt. In the morning wash and drain thoroughly, and put all into the cold vinegar except the red peppers. Let it boil 20 minutes slowly, frequently turning over. Have wax melted in a deep dish, and as you fill and cork up dip into the wax. The peppers you can put in to show to the best advantage.

MISCELLANEOUS DIVISION.

VERMIFUGE FOR CHILDREN.

Turpentine and essence of anise each half an ounce, castor oil and worm seed oil each 1 ounce. *Mix*—Dose for child 1 to 2 years 10 to 20 drops every 3 hours through the day for 2 or 3 days, and then a brisk cathartic.

NO. 2.

Santonine half an ounce. From 1 to 3 grains given in a little syrup, followed by a dose of castor oil in 2 or 3 days, is good.

NO. 3.—PIN WORMS.

Salt 2 drams, tincture iron 1 dram, water 4 ounces. *Mix*—Use as an injection twice daily.

NO. 4.

Aloes half ounce, rhue 3 drams, water half a pint. *Mix*—Use as an injection 2 or 3 times daily.

NO. 5.

Tint. mur. ferri 1 dram, tannin 10 grains, water 1 pint. Mix and use as an injection 2 or 3 times daily.

TAPE WORM.

Pumpkin seeds 1 quart, water 2 quarts. Take the skins of the seeds and steep them 4 hours, and strain. Take a wine-glassful before breakfast each morning for 3 or 4 mornings, and then follow with a cathartic.

NO 2.

Take sage half pound, steep in 2 pints water, and take a wine-glassful every 3 hours. It will often be found to be effective.

BEE STINGS AND BITES OF INSECTS.

Borax pulverized 1 ounce, water 1½ pints. Boil down to 1 pint, and then touch the parts every 2 or 3 hours with a swab dipped in the above, as long as there is any itching or irritation.

NO. 2.

Aqua ammonia 1 ounce, water half pint. Mix and use as in the above.

NO. 3.

Sugar of lead 2 drams, laudanum half ounce, tincture golden seal 2 ounces, water half pint. *Mix*—Use as in the above.

GINGER BEER.

Water 10 gallons, ginger root pulverized two-thirds pound, sugar, lump, 12½ pounds, whites of 6 eggs, yeast 2 ounces, lemons sliced 10, isinglass one-half ounce. Mix the ginger with a little water to get out the , and then strain into the balance of the water, in which the sugar has been

dissolved. Soak the isinglass over night, and dissolve with the aid of a little heat. Add the lemon well squeezed, and yeast and singlass. Let stand for 6 hours, and then skim off the lemon and bottle for use.

NO. 2.

Water 2 gallons, ginger root pulverized 2 ounces, sugar 2 pounds, cream tartar one-half ounce, yeast 8 ounces, lemon sliced 1. Put the water, ginger and sugar into a kettle and boil for half an hour. Then skim and pour into a jar with the sliced lemon and yeast and cream of tartar. Let stand 24 or 36 hours, and then bottle and cork well.

ROOT BEER.

Sarsaparilla root and sassafras bark of each ¼ pound, wintergreen leaf and stem 3 ounces, yeast 1 pint, molasses 1½ gallons, water 16 gallons. Bruise the root and leaves and boil in 5 gallons of water to get the strength. Then strain into a keg and add the molasses. When cool put in the yeast.

GINGER POP.

Coffee A sugar 15 pounds, ginger root pulverized 7 ounces, essence of lemon one-half ounce, essence of cloves 1 dram, water 15 gallons, yeast ⅔ pint. Pour a few pints of water on the ginger and steep 1 hour, and then strain into a tub, in which dissolve the sugar with 2 gallons of water warm, and add the yeast and essence. Stir and let stand

for 2 hours, and then add the balance of the water and cork tightly, and let stand 2 or 3 days.

SPRUCE BEER.

Water 1 gallon, white sugar one-half pound, oil of spruce 20 drops, yeast 3 ounces. Put the oil into a suitable jar, and, having brought 1 quart of the water to a boiling heat, pour it upon the oil, and then add the sugar and balance of the water, with also the yeast. Then cover and let stand 2 or 3 hours until it commences to work. Then bottle for use.

BLACKING LIQUIDS FOR BOOTS AND SHOES.

Molasses 4 ounces, sweet oil ¾ ounce, ivory black 5 ounces, vinegar 4 ounces. Mix thoroughly and bottle for use. Apply to boots or shoes with a bit of sponge.

NO. 2.

Alcohol 1 pint, tincture of iron 4 ounces, pulverized nutgall 2 ounces, extract logwood 3 ounces, ink powder 1 paper. Mix and shake 2 or 3 times daily for 10 days, then it is ready for use.

CEMENT FOR MENDING BOOTS AND SHOES.

Chloroform 4 ounces, gutta-percha sufficient to make of the consistence o f honey. Prepare the patch by paring the edges thin, then scrape off the leather to remove dirt and grease, then warm the cement and apply by pressing it down smoothly and the work is complete. This is only fit for

light work. This receipt has sold a number of times for $5.00.

NO. 2.

Raw gutta-percha 1 ounce, resin 1 ounce, bisulphuret of carbon 1 pound. Dissolve the gutta-percha in the bisulphuret then add the resin; when all is dissolved bottle for use.

CEMENT FOR UNIVERSAL USE WHERE DARK COLOR IS NO OBJECTION.

Common pitch 2 pounds.

Gutta-percha 1 pound. Melt and pour into cold water until cold, then wipe dry and keep for use, melting as much as is needed each time used This will hold *wood*, *glass*, *stone*, *ivory*, *porcelain*, *parchment*, *leather*, *hair*, *paper*, *woolen*, *cotton*, *feathers*, *etc.*, *etc.*

The above receipt was once sold for $25.00, and has been sold by *street* men very extensively throughout the United States and Canada. It is undoubtedly one of the very best made for general purposes.

INDIGO COMPOUND FOR BLUE.

Cochineal, muriate of tin of each 1 ounce, cream of tartar ½ ounce, goods 1 pound. Mix as follows:

Put into an iron kettle 1 pail full of soft water to 1 pound of goods, when it is lukewarm put in the cochineal, when it is scalding hot put in the mur. of tin and cream of tartar, and then put in the goods, which should be wet from rinsing, and boil

for 1 hour. Stir or handle frequently to prevent spotting, then take out and rinse in clear water until dry.

COLORING ACID.

Sulphuric acid, muriatic acid of each 3 ounces, prepared tin 1 ounce. Put the sulphuric acid into a glass jar, then slowly add the muriatic acid, after which put in the tin a little at a time.

CRIMSON.

Alum, cream of tartar of each 1 ounce, cochineal ½ ounce, to the pound of goods. Fill your kettle with water, add the cochineal and goods, bring the water to a boil for ½ an hour and then take out the goods and air them. Cool the dye and add the alum and cream of tartar, put the goods in again and boil for 1 hour; if not dark enough add a little saleratus or soap. Wash clean and dry.

MADDER RED.

For each pound of goods use:

Alum 4 ounces, cream of tartar 2 ounces, madder one-half pound, bran one-half bushel. Put the bran into a barrel and put on as much hot water as the bran will take up, let it stand until it sours, then press out all the water, and use it, the the water thus obtained for the dye. Boil the goods for 2 hours with the alum and tartar, with water enough to cover the goods, then empty the kettle and rinse the goods. Fill the kettle now with the bran water and add the madder; as soon as it is lukewarm put in the goods and stir con-

stantly for ½ an hour, then take them out and air them, then put them in again and let the water come to a boiling point, then take out, wash, rinse well and dry, and you will have a beautiful bright color.

YELLOW WITH FUSTIC.

To each pound of goods:

Alum 4 ounces, cream of tartar 1 ounce, fustic 1 pound. Boil the goods 1 hour with the alum and tartar, with sufficient water to cover the goods, then empty the kettle and fill with clean water and put in the fustic and boil the goods 1 hour. Wash, rinse and dry.

DARK GREEN.

Color the goods a good yellow, and then add to the dye indigo compound to the shade required to obtain, always taking out the goods when an additional dye is put in to prevent spotting the goods.

GREEN ON WOOLEN GOODS.

Take 1 pail full of hickory bark and boil in water sufficient to cover for 2 hours. Then add blue vitriol 2 ounces for each pound of goods. Dissolve the vitriol before putting it in. Boil the goods 1 hour and air them and boil again. If not green enough add alum 2 ounces, and boil again with more bark also.

BLUE.

To each pound of goods, alum 4 ounces, cream tartar 2 ounces. Boil 1 hour, take out and air,

rinse and refill the kettle, and bring to a scalding heat, add indigo compound or chemic until the color suits.

PRUSSIAN BLUE.

For each pound of goods, oil of vitriol and prusiate of potash 2 ounces each, crude tartar 4 ounces. Put the above ingredients into a kettle with water enough to cover the goods. Let the water become lukewarm for 2 hours, and then boil half an hour, and you will have a beautiful color. To make more durable add 4 ounces alum and clean water, and boil again for 1 hour. If not dark enough add logwood and boil again to suit.

TAN COLOR.

For each pound of goods, camwood 4 ounces, madder 2 ounces. Boil 10 minutes and then put in the goods and boil 1 hour. Then add copperas one-half ounce, and boil half an hour longer, and if not dark enough add more copperas and boil again.

SNUFF COLOR.

For each pound of goods, camwood 2 ounces, fustic half pound. Boil the camwood and fustic half an hour in sufficient water to cover the goods, and then put them in and boil 1 hour. Take out the goods, and add blue vitriol one-half ounce and copperas 1 ounce, and boil the goods 1 hour and rinse well.

DARK BROWN.

For each pound of goods, camwood 4 ounces, fustic one-half pound. Boil half an hour and then

put in the goods and boil 1 hour. Then add blue vitriol half ounce, copperas 2 ounces, and boil 1 hour and rinse.

MADDER BROWN.

For each pound of goods, 2 ounces each of madder and camwood, fustic 4 ounces, and boil half an hour. Then boil the goods half an hour, take them out and air, and then boil 1 hour. Now add blue vitriol and copperas of each 1 ounce, and boil 1 hour more. If not dark enough add more copperas and boil again.

LONDON BROWN.

For each 20 ounces of goods camwood 7 ounces. Boil the goods and camwood together for 2 hours, and then add blue vitriol 2 ounces and boil half an hour. If not dark enough add more vitriol and a little copperas and boil again. Where a very dark brown is desired add 4 ounces of soap.

WINE COLOR.

For each pound of goods, camwood 7 ounces, and boil half an hour. Then put in the goods and boil 1 hour, and then add blue vitriol 3 ounces, and boil half an hour. If not dark enough add more vitriol and boil again.

MAROON OR BROWNISH CRIMSON.

For each pound of goods, blue vitriol 1 ounce, and boil the goods in it half an hour. Then add cudbear 1 ounce, and boil half an hour. If not dark enough add more cudbear. Of course in all cases have water enough to cover the goods.

BLACK.

For each pound of goods, logwood chips one-half pound, madder 1 ounce, fustic one-half ounce. Boil for 1 hour, and then boil the goods in it 1 hour. Then take out and then add copperas 1 ounce. Then boil half an hour, and then take out the goods and add copperas again ½ ounce and saleratus 1 ounce; then boil the goods another half hour, then take out and rinse well in a good strong soap-suds.

BLACK ON WOOLEN.

White oak, butternut, and black-walnut bark, of each 1 peck. Boil them 1 hour, then put in the goods and boil 1 hour, then take out the goods and bark and add 2 ounces of copperas and boil again 1 hour.

NO. 2.

Witch hazle, soft maple and black oak barks, of each one and one-half pecks; now boil the bark 1 hour, then put in the goods and boil 1 hour, then take out the goods and remove the bark; add copperas 1 ounce, blue vitriol one-half ounce, and boil goods again one-half an hour.

To recolor old shawls and other old goods.—When it is desired to color black, the old colors need not be extracted, but simply dip them into the coloring after first having been washed clean; boil of course as other goods. But the old colors must be first extracted if a brown color is desired. That may be done in the following manner:

For each pail full of water, boiling hot, add 2 ounces oil of vitriol and put in the goods 10 minutes. If the color does not yet start, add another ounce oil of vitriol and put the goods in again for 10 minutes, continuing the process until the color is all out; then the goods may be treated like any other goods.

TO COLOR COTTON GOODS.

The following rules must be observed: To give permanent and bright colors to cotton goods the preparation must be different. Make a liquid with sumac and white oak bark, one-half peck to each pail of water, always add as much water as evaporates, then put the goods into this liquid and apply a gentle heat for 3 hours, then dip into copperas water warm, 4 ounces to the pailful, then in warm lime water, 2 pounds of lime to the pailful of water, then put them in the sumac liquid again 3 hours, warm gently, wring out in passing from one liquid to the other. Now they are ready to take on any color desired.

BLACK.

To each pound of goods, logwood chips 8 ounces, white oak bark 4 ounces. Boil 1 hour and now dip the goods in this ½ hour, take out, cool and dip again.

GREEN.

Prepare the goods as stated above, and then dip them in the following, to suit:

Sulphuric acid 6 ounces, indigo 1 ounce, water

1 pailful. If more liquid is required, make in the same proportion as above indicated and you will get a nice green. If a deep color is desired add more of the acid and indigo in the same proportions.

TAN COLOR.

Sumac, yellow and white oak barks 1 peck each to 1 pail water. Boil for 2 hours, and put the goods in this liquid and let stand for 2½ hours. Then dip the goods into copperas and lime water, made as above stated, and continue the process until the color is satisfactory.

YELLOW.

For 1 pound of prepared goods, 1¾ ounces sugar of lead, dissolved in boiling water, bichromate of potash 1 ounce, dissolved in cold water. Then dip the goods into the hot lead water, wring well, and dip into the potash water, and alternate until the color is satisfactory.

ORANGE.

To make a beautiful orange color take the yellow goods colored as above, and dip them into lime water until the color suits.

DRAB.

Bichromate of potash one-half pound to a pailful of water for prepared goods for half an hour, and then into 4 ounces catechu (4 ounces to the pail of water), boiled and used hot for half an hour, the potash water to be used cold. The shade

must depend upon the number of times the process of dipping is continued.

PURPLE.

Color the prepared goods a light blue, and then dip them in logwood dye till the shade suits.

DRAB OR BROWN.

White ash bark ¾ peck, water 1 pailful. Boil an hour, and then remove the bark and boil the goods in this water 1 hour. Then darken by dipping into copperas water (4 ounces to the pailful) until the colors suit.

YELLOW DRAB.

Soft maple bark 1 peck, yellow oak one-half peck. Boil 1 hour, and then take out the barks and boil the goods 1 hour. Darken with copperas water (4 ounces to the pailful) until the shade suits.

SLATE DRAB.

Witch hazel 1 peck, logwood extract 2 ounces. Boil 1 hour, then remove all the bark, and boil the goods 1 hour. Then darken with blue vitriol, 1 ounce copperas (1 ounce to each pailful of water), dipping into this water until the desired shade is obtained.

MADDER DRAB.

Madder 2 ounces, white ash bark 1 peck, to the pound of goods. Boil for 1 hour. Take out the bark and boil the goods 1 hour. Darken with copperas water, using first 1 ounce to each pailful

of water, and dipping until the shade desired is obtained.

RED DRAB COLOR.

White oak bark 1 peck, camwood one-half pound. Boil 1 hour, and then boil the goods 1 hour after removing the bark. Now remove the goods and add copperas and blue vitriol, 1 ounce each, and boil the goods again. If not sufficiently dark add more copperas and blue vitriol.

DARK BLUE ON WOOL.

For each 5 pounds wool, bichromate potash 2 ounces, alum 1 ounce, with water enough to cover the goods. Boil 1 hour. Take out and rinse. Throw away the coloring water and put in clean water, and 2½ pounds of logwood chips sewed up in a cloth, and boil 1 hour. Then the wool is put in and boiled 1 hour. Then remove, air, wash clean and dry.

GREEN ON WOOL OR SILK.

Prussic acid 3 ounces, sulphuric acid one-half ounce, to every pail of water and pound of goods. Then add the carmine of indigo (imported) sufficient to make any shade of green desired. For silk add a little alum.

PINK ON SILK.

Brazil wood 2 ounces, muriate of tin 1 ounce, water 1 gallon. Add gentle heat and handle or stir the goods all the while. When the desired shade is reached take out, wash in clean water,

and rinse in soap-suds. This will give the desired blue tinge.

YELLOW FOR CARPET RAGS.

To every 3 pounds of rags or cloth, sugar of lead 6 ounces, dissolved in hot water in a brass kettle; 3 ounces bichromate of potash, dissolved in a cup of cold water. Have just water enough in each case to cover the rags. Dip into the lead water, then wring out dry each change that is made, then into the potash, and continue the process until the color suits. It takes very quick.

ORANGE.

Dip these yellow rags in lime water hot, and wring and rinse. Gives a very pretty orange.

GREEN.

The yellow rags dipped into the blue die makes a beautiful green. Of course the blue must be quite hot.

BLUE.

Three pounds of rags will take copperas 3 ounces, with water sufficient to cover the rags, in an iron kettle. Boil half an hour. Then in a brass kettle put prussiate of potash 2 ounces. After the potash is dissolved add oil of vitriol 1 ounce, and dip the rags in this with heat.

HULLED CORN.

Take white ley or lye, and boil the quantity of corn desired until the hull will come off by washing. Then boil until perfectly cooked, and then

take off and wash thoroughly in clean water, and it is then ready for use.

FRIED HOMINY.

Boiled hominy, add salt, butter and cream to suit. One or two eggs is also added to make it rich. Cut in slices and fry on a griddle.

TO TAKE OFF FRECKLES.

Rose water 1 pint, alum and lemon juice of each 1 ounce. Mix and apply at bed-time.

NO. 2.

Tincture benzoin 4 ounces, tincture of tolu 2 ounces, oil of rosemary 1 dram. Put 1 tea-spoonful of this mixture to rose water 4 ounces.

NO. 3.

Flake white 2 ounces, bay rum and rain water of each one-half pint, glycerine and vinegar of rouge of each ¼ ounce, oil of bergamot one-half dram. Use with a small piece of sponge.

CURRANT WORMS.

When worms appear dust onto the bushes well powdered white hellebore. One application will be sufficient for one set of worms. Sure cure.

HAIR DYE.

Alcohol 1 ounce, gallic acid 1 dram, water 4 ounces. *Mix*—The acid is put into the alcohol until dissolved, and then add the water and cork for use.

NO. 2.

Aqua ammonia 1 ounce, nitrate of silver 2

drams, water 1 ounce. *Mix*—Cork well and keep in a dark place for use. The light spoils the mixture.

NO. 3.

Water 4 ounces, sulphuret of potash one-half ounce. *Mix*—This will lose its strength soon, and must be kept well corked.

HAIR RESTORATIVE.

Alcohol 1 quart, castor oil 3 ounces, glycerine 2 ounces, tincture arnica 2 ounces, oil of lavender and tincture of bergamot of each ¼ ounce, tincture cantharides ¾ ounce. *Mix*—Use as a restorative 3 times a week.

NO. 2.

Alcohol 1 pint, camphor gum 2 ounces. *Mix*—Apply daily with a piece of sponge until the head is clean, and then once or twice a week.

HAIR RESTORATIVE.

Alcohol 1 pint, rain water 1 pint, aqua ammonia 1 ounce.

Mix.—Wet the head thoroughly and rub well to the roots of the hair daily, will be found the best in the world. This was sold many times for $5.00.

NO. 2.

Elder-flower water, sherry wine of each ½ pint.

Mix.—Wash the head twice a week with warm soft water, using a fine brush and apply the restorative daily.

NO. 3.

Soft water 1 pint, bay rum one-half pint,

aqua ammon. 1 ounce, glycerine one and one-half ounces.

Mix.—Keep well corked and in a cool place.

HAIR TONIC.

Tincture of cantharides 2 drams, quinine one-half dram, mur. of ammonia 2 scruples, glycerine, 4 ounces, cologne 4 ounces, and distilled water 4 ounces. This has had a great reputation where there is itching and irritation to the scalp.

NO. 2.

Glycerine and bay rum, of each 1 ounce, tincture cantharides 1 ounce, aqua. ammon. one-half ounce, rose water one-half pint.

Mix.—Apply to the head daily, rubbing well into the roots of the hair.

HAIR DRESSING.

Castor oil 4 ounces, oil of bitter almonds and tincture of cantharides, of each one ounce, oil of bergamot one-half dram, alcohol 1 pint. Mix and use daily.

POMADE FOR HAIR.

Castor oil six and one-half pints, alcohol three and one-half pints, spermaceti one and three-fourths pounds, oil of cinnamon three-fourths ounce, bergamot 2 ounces, oil nutmeg, oil almonds, oil lavender, of each one-half ounce, oil citronilla 2 ounces. Melt the spermaceti in the castor oil, then having mixed the other oils with the alcohol, add all together. One-sixth of the above amount

can be made if desired. This is a very pleasant hair pomade.

NO. 2.

White wax one and one-half ounces, glycerine 2 ounces, castor oil 12 ounces, oil of lemon 5 drams, oil bergamot 2 drams, oil of lavender, alcohol and water, of each 1 dram, oil of cloves 10 drops, annatto 10 grains. Dissolve the wax with one-fourth of the castor oil by means of heat, and rub it up with the remainder of the oil and glycerine till it is cool, then add the other oils. Dissolve the annatto in water and add the alcohol and stir all until it is thoroughly mixed. Use the best castor oil and use as little heat as possible, as heat will develop the smell of the oil.

POMADE RESTORATIVE.

Almond oil ¼ pound, white wax one-half ounce, pure lard 3 ounces, aqua ammonia 2 drams, oil of lavender and cloves each 1 dram. Place the oil, wax and lard into a jar and place it in boiling water until all is melted. Then remove, and when it begins to stiffen stir in the other ingredients. Apply this to the scalp at night only, and do not use combs or stiff brushes, as there is danger of injuring the young and growing hairs.

HAIR CURLING MIXTURE.

Borax pulverized 1 ounce, gum arabic pulverized one-half dram, hot water 1 pint. Mix and stir until dissolved, and then add spirits of camphor 1½ ounces. Dampen the hair with this in

the evening, and put up in tins in the usual way, and it will give great satisfaction.

HAIR OIL.

Lard oil 1 ¼ pints, alcohol 2 ounces, bergamot one-half ounce, oil cloves ¾ ounce, oil citronella 3 drams Mix and let stand 2 or 3 days, and then it is ready for use.

NO. 2.

Hens' oil 1 pint, citronella one-half, bergamot 1 dram, oil cloves 2 drams. *Mix*—Use 2 or 3 times a week.

NO. 3.

Cologne and alcohol one-half pint, oil of verbena 1 dram, oil cloves 2 drams, oil bergamot one-half ounce. Mix and after 2 days use.

FOR THE HANDKERCHIEF.

Alcohol 1 quart, oil rosemary one-half ounce, oil lemon and oil balm of each ¼ ounce, oil mint 7 drops, spirits of rose and orange flowers of each ¼ pint. Mix well and it is ready for use.

SHAMPOO FOR REMOVING DANDRUFF.

Alcohol 1 pint, rain water 3 pints, tincture of cantharides one-half ounce, carb. ammonia, 1 ounce, carb. of potassa 1 ounce, oil bergamot 1 dram. *Mix*—Put the oils into the alcohol and dissolve the carbonates in the water, and mix all. Use twice a week, rubbing down well to the roots of the hair. This is to be used where the hair and dandruff fall out upon the collar.

FOR HEADACHE.

Bromide of pot. 2 drams, flld. ext. bell. one-half dram, distilled water 4 ounces, aqua ammonia 2 drams, watermelon seed extract 3 drams. *Mix*—A tea-spoonful to be given every 2 hours until relief is obtained.

HICCOUGH REMEDY.

Essence of lemon 4 ounces, syrup simplexus 2 ounces. *Mix*—To be taken in tea-spoonful doses every half hour until relief is obtained.

PERFUMES FOR THE SICK CHAMBER.

Cinnamon and allspice of each one-half ounce, gum benzoin one-fourth ounce, cloves 2 drams, nutmeg 1 ounce, sandalwood and wintergreen of each 3 drams; pulverize all thoroughly and mix well, and when wanted to fumigate a sick room put a tea-spoonful on a hot griddle or shovel and let it burn in the room. If all the ingredients are not obtainable any one or two of them may be left out.

INK BLACK.

Soft water 1 gallon, nut-galls 1 pound, copperas, gum arabic of each 2½ ounces. Boil the nut-galls 3 hours in the water and add boiling water to make up for the evaporation. Dissolve the other ingredients by themselves, and add to the nut-gall water, after it has been strained.

INK BLUE.

Blue Aleppo galls 4½ ounces, cloves 1 dram, water 40 ounces, sulphate iron 1½ ounces, sulphu-

ric acid ½ dram, indigo ¼ ounce. Put the galls and cloves into the water and let them stand 2 weeks, then dissolve the other things and add. Then filter through paper and bottle for use.

INK.

Ext. logwood 30 grains, crystal soda 7 grains, water 1 ounce. Boil until dissolved, then while stirring, add 30 grains of glycerine, chromate of pot. 1 grain. Dissolve. Gum arabic 4 grains. It is then ready for use.

INK FOR DEEDS AND RECORDS TO LAST.

Gum copal pulv. 20 grains, lavender oil 3 drams. Dissolve with gentle heat, then add lamp black 3 grains, indigo pulv. 1 grain.

INK.

Water 18 ounces, shellac 2 ounces, borax 1 ounce. Boil until dissolved, then cool and filter and add 1 ounce gum arabic, dissolved in 2 ounces of water, to which add pulverized indigo and lamp-black of each 3 grains.

RED INK.

Brazil wood 2 ounces, water 2 quarts. Boil and strain, then add one-half ounce of chloride of tin, gum arabic 1 dram, then evaporate to 16 fluid ounces.

INK BLUE.

Indigo sulphur 3 ounces, water 1 gallon. Boil for ¼ of an hour.

NON-CORROSIVE BLACK INK.

Nut-galls bruised 3 ounces, gum senegal 1 ounce, copperas 1 ounce, aqua ammon. one and one-half drams, alcohol one and one-half ounces, rain water 1 quart.

Mix by gentle heat for 1 hour, then filter and it is ready for use.

INK FOR MARKING.

Aqua ammonia 2 ounces, carmine 10 grains, nitrate of silver 15 grains. Mix with gentle heat.

INK YELLOW.

French berries 1 ounce, alum one-half ounce, gum arabic ¼ ounce, soft water one-half pint. Mix and boil all for 1 hour, then filter, and it is ready for use. This is used for tracing.

INK RED FOR MARKING LINEN.

Vermilion one-half ounce, salt of steel 1 dram. The salt of steel is "Griffith's Mixture." Rub them up with flax-seed oil thick for type or plate and thin for brush.

VARNISH FOR HARNESS.

Boiled linseed oil 1 gallon, burned umber one-half pound, asphaltum 3½ ounces, turpentine sufficient to thin it properly. Grind the amber with a little of the oil, melt the asphaltum by heat, then add the umber mixture and balance of the oil, and boil, and when cool add the turpentine as above. Apply to carriage tops and harness with a piece of sponge on a wire.

MUCILAGE FOR LABELS.

Rye flour one-half pound, white glue 1 pound, turpentine 1 ounce, flaxseed oil one-half ounce, varnish 1½ ounces. *Mix*—This will resist the dampness or water.

TOOTH POWDER.

Prepared chalk 1 ounce, borax pulverized 1 dram, rose oil 5 drops. Mix thoroughly and keep well covered for use. Wash the teeth twice a day with soft water and soap. Use a brush, and then apply the powder with the brush and a little water.

NO. 2.

Prepared chalk 1 ounce, gum camphor finely powdered 1 grain, oil of citronella one-half dram. Mix and use with a fine brush once daily.

WARTS TO CURE.

Muriatic acid one-half ounce, oil of turpentine 20 drops. *Mix*—Touch the wart every 4 hours until it gets loose, and then wait a few days and it will drop out.

NO. 2.

Sal ammoniac 2 drams, water 6 ounces. *Mix*—Moisten the wart 3 or 4 times for 2 weeks. Will often cure.

NO. 3.

Nit. silver 30 grains, aquae pure 2 ounces. *Mix*—Apply to the wart every 4 hours. Put sweet oil or other grease all around the wart to protect the parts from the effects of the silver.

NO. 4.

Nitric acid 1 ounce. Apply with a camel hair pencil twice daily until the wart begins to loosen. Then it will drop out in a few days.

ANTS TO DESTROY.

Take a large sponge, wash it well, and press it very dry. By doing so it will leave the little cells open Sprinkle some white sugar finely powdered over the sponge and lay on the shelf where the ants frequent. Two or three times a day take a bucket of hot water to the shelf carefully and drop the sponge into it, and you will slay them by the thousands in this way, and very soon rid the place of these pests entirely.

APPLE BUTTER WITHOUT APPLES.

Take grape juice and boil it down to one-quarter, and slice in peaches. It is said that this is "good to eat." It should be cooked a little after the peaches are applied.

PUMPKIN BUTTER.

Cut good ripe pumpkins in slices, skins and all, for say 1 hour. Then express the juice and boil down to the consistency of boiled cider, and then add nicely pared pumpkin cut in small pieces. Then boil down to the proper consistence, constantly stirring to prevent burning. This should be kept in a cool place and well covered to prevent souring. This is very good, especially in the absence of apples and peaches, and is worth trying at all events.

APPLE BUTTER.

Have a large brass kettle nicely cleaned by putting in a little vinegar and salt, and rubbing dry with a fine piece of flannel. Fill the kettle with new cider (made from sweet apples) that has not began to work or ferment, and as it begins to boli skim well, and skim every time that additional cider is put in when it begins to boil. If the kettle will hold 30 gallons 1½ barrels of cider can be boiled into it. When the cider is all in that you desire to make, the apples having been pared, quartered and cored—sweet apples are the best—at the rate of 1½ bushels to the barrel of cider, dip out enough cider to admit the apples, and continue to boil until all the cider has been added, and from the time the apples are all in let the boiling be slow and the stirring constant, until there is but 10 gallons at most. To stir the apple butter while making it is best to take a board 2 or 3 inches wide and bore an inch hole through one end of it, and round off the other end to fit the bottom of the kettle, the hole being bored so as to allow a handle to pass over the top of the kettle, while the lower end stands on the bottom of the kettle, which will enable one to stand back 2 or 3 feet from the fire, for unless the stirrer is kept moving the butter will burn, and it is then spoiled. Dip while hot into stone jars, and when cold cut white paper to fit into the jars right down on the butter, and wet these papers in

whiskey before putting in, and the work is complete. Very nice.

CIDER APPLE SAUCE.

Boil 3 barrels cider to 1 and keep for the purpose. Then as needed, stew the apples in the cider, not enough to dissolve the apples, but leaving the quarters whole. This is very nice, and the boiled cider kept in this way makes an excellent addition to mince pies, cider cakes, etc.; also in warm weather, a little put into cool water makes a very agreeable drink for the sick.

APPLES SPICED.

Take nice tart apples pared and dried 8 pounds, sugar three and one-half pounds, vinegar 1 quart, cinnamon bark ground 1 ounce, cloves unground one-half ounce. Boil the sugar, vinegar, and spices together, put the apples in when boiling and let them remain until tender, or about 20 minutes, then take them out and put them in jars. Boil down the syrup until it is thick and pour it over.

APPLE PARINGS DRIED FOR JELLY.

Nice fall apple parings may be dried on plates for one day under a cook stove and then in the sunshine. They make excellent jelly and no one will regret the trouble it takes. Proceed to make the jelly as in other cases.

BEE MOTHS, TO DESTROY.

Molasses mixed with vinegar equal parts, placed in a pan and set near the hive at night and remove

in the morning, will prove an excellent trap; the moths will get in at night. The trap must be taken away before the bees begin to fly, or they will get daubed with it.

NO. 2.

Take a shallow dish and put some lard oil in it then place a wick in the center, not too large a wick, and light it. The moth will go for the light before he will for the hive and falling into the oil he is destroyed. At night is the time when the moth commits his depredations and therefore these traps may be set and taken away again while the little workers are taking their rest.

BAKED BEANS.

Put the beans to soak early in the evening in a dish large enough to admit of plenty of water. Change the water at bedtime, next morning early parboil 2 hours, then pour off nearly all the water. Take raw pork scorched a little, put the beans into a deep dish, put the pork in the middle, sinking it down so that it is just level with the top. Add a little molasses and bake 4 or 5 hours, raise the pork a little toward the last, so as it will get a little brown.

WATER-PROOF DRESSING FOR COARSE BOOTS.

Tallow 12 ounces, beeswax 6 ounces, resin 1 ounce, neatsfoot oil and castor oil of each 2 ounces. Mix by heat and apply hot or heat in by the fire. Apply once in 8 or 10 days.

POLISH LIQUID FOR BOOTS.

Molasses 4 ounces, sweet oil ¾ ounce, ivory black 5 ounces, vinegar 6 ounces. Rub the first three articles together until the oil is all obliterated, then stir in gradually the vinegar, until all is thoroughly mixed, then bottle for use. Apply with a sponge to the leather when clean and dry.

OIL POLISH FOR BOOTS AND SHOES.

Ivory black one-half pound, molasses ½ pint, sweet oil, oil of vitrol of each 1 ounce. Mix the 3 first articles thoroughly together, then add the vitrol, stirring briskly while boiling, and be sure to get the vitrol thoroughly mixed, as upon this depends the polishing qualities of the compound.

CEMENT FOR MENDING LEATHER.

Gutta-percha 1 ounce, resin 1½ ounces, bisulphuret of carbon 1 pound. Dissolve the gutta-percha in the bisulphuret, then add the resin. When all is dissolved then bottle for use. The leather must be clean and scraped a little to make it adhere.

HOW TO KEEP CIDER.

To 63 gallons add 1½ gallons good brandy or rum, with 2 ounces powdered catechu dissolved in water, 7 pounds moist sugar, one-half ounce bitter almonds and cloves, and 4 ounces mustard seed. These must all be mixed through the cider and occasionally stirred for 3 or 4 months, when it is ready for use.

TO KILL CATERPILLARS ON TREES.

Tie a rag on the end of a pole long enough to reach the nest. Wet the rag with kerosene oil and set fire, and hold under the nest, which is soon burned, and the insects fall down in and through the fire and are destroyed.

COLORED LIGHTS.

RED FIRE.

Nitrate of strontia 9 drams, chlorate of potash 1½ drams, shellac 3 drams. Mix and pulverize.

GREEN FIRE.

Nitrate of baryta 9 drams, chlorate of potash 1½ drams, shellac 3 drams. *Mix.*

BLUE FIRE.

Ammonium sulphate of copper 1 ounce, chlorate of potash ¾ ounce, shellac 1 dram. *Mix*—The shellac should always be well pulverized. The articles must be thoroughly mixed, but it must be borne in mind that the chlorate of potash must not be rubbed hard, as it explodes.

COLOGNE FOR THE HAIR.

Oil lemon, neroli oil, orange oil, rose geranium oil, of each 15 drops, tincture of cardamom 1 ounce, cologne alcohol 1 pint. *Mix*—Bottle and keep well corked.

NO. 2.

Oil bergamot 40 drops, oil of neroli 12 drops, oil of orange 25 drops, oil of rosemary 10 drops, essence of lemon 1 dram, alcohol one-half pint. *Mix*—Bottle and cork well.

NO. 3.

Oil bergamot, oil of lemon, oil lavender, oil of neroli, oil of rosemary, of each one-half ounce, magnesia one-half ounce, musk 10 grains, alcohol 2 quarts. Mix and shake well and filter through filtering paper.

CUCUMBERS—SALTING, LONG KEEPING AND PICKLING.

Cucumbers for pickling should not be allowed to grow very large. Cut from the vine with a knife, lest a piece be torn off, and the pickle begin to soften or decay at that point. When carefully cleaned, so as not to bruise, put a layer of half an inch in the bottom of a barrel or keg, then a layer of cucumbers, and so on, alternating a layer of cucumbers and salt. When the morning cutting has all been put in lay a cloth over them, and the next morning go on in the same way, until the barrel is full. No water is to be put on. When all are in put on a board to fit in the barrel closely, and weigh it down with a stone. There will water enough come from the cucumbers to make sufficient brine if they are laid closely in the barrel, and they will keep better than if water has been put over them. But in a week from the time they are all in, if they are not covered with brine, enough may be added to cover them. If kept in a cool cellar they will undoubtedly keep for many years, and may be shipped any distance if the barrel is full and well headed. Large quantities are put up in this way for distant markets, and

shipped with perfect impunity, and they are thoroughly salted.

TO MAKE CUCUMBER PICKLES.

Take as many as desired from the salted pickles and put them into fresh water, and soak them 4 or 5 days, changing the water morning and evening until they are sufficiently freshened, and then drain off all the water and pour over them scalded spiced vinegar, or use common vinegar, and put in peppercorns, allspice, cloves, etc., or not, as you please. The better the vinegar the better the pickles, and if at any time they become mouldy or lose their sharpness take off the scum, pour off the vinegar, and re-scald and put over them again, or throw away and put new on. Some persons recommend a table-spoonful of alum and a cup of salt to each gallon of vinegar, claiming that alum makes the pickles more brittle and of a deep green color. If at any time there be any soft ones found they should be thrown away. If the pickles are made in warm weather (that is, put into the vinegar) they will need a great deal of care, especially if put up in considerable quantities, and a re-scalding or a renewal of vinegar, unless put up air tight. No danger of using too much salt, and it should be the best quality for the process of preserving or salting in the first instance. They will require more soaking, that is all.

DANDRUFF TO REMOVE.

Sulphur 1 ounce, rain water 1 quart. Mix and

let stand 8 days, shaking every day. On the ninth day pour off the clear water, leaving the sulphur in the bottom of the vessel. Use this clear water every morning, and the effect will be very satisfactory. The dandruff will disappear and the hair assume a clean and glossy appearance. New hair will come in, and you will have abundant reason to be thankful for having seen this.

DRY EARTH

as a disinfectant probably has no peer. Put into privy vaults and cesspools, drains and upon decaying animal and vegetable matter, it at once obsorbs the bad odors, and, placed in boxes in the sick room of patients afflicted with contagious and infectious diseases, it will at once absorb the septic or infecting exhalations from the breath or body of the patient, or of wounds, and is invaluable as a poultice in certain indolent and putrescent ulcers, and gangrenous sores, and it is something within the reach of all. In order to do the good it should it must be perfectly dry and in fine powder.

EGGS FRESH LAID IN WINTER.

Take as many hens as you require eggs per day, and feed them daily finely chopped meat, a warm place to run in and plenty of water, with a frequent supply of cabbage leaves, potato parings, and gravel or broken oyster shells, and no matter what breed they are, they will give you fresh laid eggs every day summer or winter.

BEST METHOD OF SUMMER FEEDING.

Mix 5 parts of bran with 1 of middlings. In the morning wet up as much as you want to feed the hens with at a time. Do not have it too wet, but have all the mass thoroughly dampened, then set it near where they roost, so they can get at it whenever their appetite prompts; they don't like it as well as corn, but will eat enough for all purposes. In the evening give a few handfuls of shelled corn, well scattered so that all can get a little; if the hens do not eat the bran mixture at first, sprinkle a little corn meal on it and they will soon come to it. Don't mix more at a time than will be a meal for one day. I wish all who complain of a scarcity of eggs would try this plan; you will find it pay you richly for your trouble.

HOW TO MAKE HENS LAY.

Three gallons of boiling water, one-half ounce common salt, a tea-spoonful of cayenne pepper and 4 ounces lard. Stir the mixture until the pepper has imparted considerable of its strength to the water, then stir in a meal made of oats and corn ground together, equal parts, until a stiff mush is made. Set off to cool to a milk warmth. There should not be more salt or pepper than would be comfortable for yourself to take. Feed this 1 day and then the ordinary feed for 3 days and then the mush again and the effect will be satisfactory. Hens fed in this way will be less inclined to set than if fed in the ordinary way.

EGGS TO PICKLE.

Hard boiled eggs as many as will fill a jar such as you want to keep them in, when cold remove the shell and fill the jar, laying them in as closely as possible. Then take some spiced vinegar hot and cover the eggs with it and seal up the jar for a month, when they will be fit for use. Should they at any time after they are opened appear flat or not sharp enough for the taste, renew the vinegar. Fruit jars that have been emptied during the winter are very handy for this purpose. Eggs thus pickled make an excellent relish with cold meats.

SPICED VINEGAR FOR PICKLES.

For every quart of cider vin gar, take black pepper 1 ounce, salt, ginger and allspice, of each one-half ounce, all of which must be bruised and placed in a jar or bottle, with 2 or 3 small red pepper pods or a little cayenne if desired. Some prefer cinnamon or mace or some other flavor than those mentioned. Upon most articles being pickled, as cucumbers, beets, peaches, walnuts, etc., always use the vinegar hot, but upon cabbage always use it cold.

FIRE KINDLERS.

Take common pine tar 3 quarts, melted resin 5 quarts, turpentine 8 ounces. Mix by aid of heat and dip corn cobs in this mixture and lay in the sun to dry; when dry they can be packed in barrels or boxes for use. This is a cheap and easy way to prepare kindlings. One cob lighted with a match will set the fire going under reasonably dry

wood. It is better to dry them with heat, such as in the oven or some heat where the temperature is in the neighborhood of 200° Fahrenheit.

FIRE-PROOF WASH FOR SHINGLES.

Sulphate of zinc and salt of each one pound, to 1 bushel of lime made into a wash with water two parts and skim milk one part, and apply with a a large wide brush, like a white-wash or calsomine brush.

GRAFTING WAX.

Take resin 4 pounds, beeswax 1 pound, linseed oil 1 pint. Melt all together and pour into cold water; as soon as it is cool enough to handle, grease the hands and take out and work over and over by pulling it out and doubling it over again; the more it is worked the better it will spread. This is for cool weather.

NO. 2—FOR WARM WEATHER.

Add 1 pound more of resin to the wax mixture above and work thoroughly; otherwise the process and ingredients are the same as in the other case.

TO REMOVE GREASE OR PAINT FROM CLOTH.

Alcohol ½ pint, sulphuric ether 2 ounces, salts of tartar 10 grains, soft water 2 ounces, oil of bergamot ¼ ounce. Dissolve the carbonate in the water and put the oil of bergamot in the alcohol and then mix all together and cork for use. Apply to the spots with a bit of sponge, wetting thoroughly, and if the paint is at all dry or if the

grease has been on some time so as to become dirty, apply several times so as to soak up and soften the glazed spots, and all will come away without trouble.

TO REMOVE SPOTS FROM COMMON CLOTHING.

Alcohol 4 ounces, water 5 ounces, aqua ammonia 1 ounce. Mix and apply with sponge. This is less expensive than the other, and is good for common goods.

MUCILAGE FOR OFFICE USE.

Soft water 3 ounces, gum arabic 1 ounce, glycerine ¼ ounce. Mix by aid of heat and bottle for use, keeping well corked.

TO REMOVE IRON RUST FROM CLOTH.

Wet the stained spot with lemon juice and rub on salt and hang out in the sun; if not removed the first time, go over it again and again—it will "fetch" it after a while. Oxalic acid is perhaps the quickest way, but it must be washed immediately or it will injure the cloth.

TO CLEAN KID GLOVES.

Alcohol 5 ounces, camphene 1 ounce. Mix and cork for use. Place the gloves on the table and with a sponge rub the glove until the dirt and grease is removed, the glove should be turned and sponged on the inside, then dip the glove into the fluid and squeeze out two or three times, then inflate the glove by blowing into it and dry by a moderate heat, rubbing all the time.

TO KEEP HONEY WITH GRANULATING.

Put the honey into a pail or jar and set into a larger one with a few pieces of sticks at the bottom to keep it off the bottom of the outer pail, then fill the outer pail with water, and bring to the boiling point, skim and set off to cool and then skim all the scum and beeswax off, and when cool enough can and seal up and put in the cellar. It will pay for all the pains you have taken.

TO TRY OR RENDER LARD.

Water ½ pint, saleratus 1 table-spoonful. Dissolve the saleratus in the water. This amount is sufficient for one kettleful. Then put it in the kettle and put in the lard cut into small pieces, and it will come very white and nice, and scarcely any scrap, as the saleratus dissolves all the lard out and leaves barely the membrane covering. The lard keeps better after this process.

LACTIC ACID IN DYSPEPSIA.

Lactic acid ½ dram, water ½ ounce. Mix and take just before meals, or just after meals. It is indicated in all forms of the disease that resists *alkalies*.

LEMON POWDERS.

Pulverized sugar 3 ounces, citric acid ¼ ounce, oil of lemon 5 drops. Thoroughly mix the articles and keep well corked. A tea-spoonful in a half-pint of water makes a very good, pleasant drink.

LEMON CREAM.

Grate the peel of a large lemon, after first squeezing all the juice out, put the juice and peel into 1 ½ cups of water, and heat it over the fire. Rub 3 table-spoonfuls of cornstarch smooth and beat the yolks of 3 eggs, then stir the lemon water gradually into the corn starch and add the eggs and set it on the fire to thicken gradually, like custard. After it is done beat the white of the eggs stiff and stir them in, then pour into small dishes to cool and be ready for dinner. Put them on the ice.

ODOR FROM PERSPIRATION, REMEDY.

Mix a table-spoonful of the compound spirits of ammonia in a small basin of water. By washing the arms and arm-pits and hands in this solution the skin will be left clean and sweet. It is cheap and safe and is to be preferred to the perfumes which cover up, but do not correct the cause.

OIL CLOTH, PRESERVE THEIR POLISH.

Wash only with castile soap, as other soap is too caustic and destroys the lustre. If the polish is off have a coat of the copal varnish applied and be more careful in the future.

OIL STONE, TO FACE.

Tack a sand paper upon a smooth piece of board or timber and let it be stood in the wind and float the stone upon it. It soon levels the the stone, and as the work proceeds the surface of the paper becomes more smooth and leaves a smooth surface on the stone.

MUCILAGE FOR LABELS.

Water 20 ounces, glue 5 ounces, rock candy 9 ounces, gum arabic 3 ounces. Soak the glue 24 hours in the water, adding the candy and gum, and dissolve all, when it is ready for use. It can be brushed on labels that have been fastened up to dry and moistened as you do postage stamps and applied.

ONIONS TO PICKLE.

Take small onions and as near of a size as possible, peel and wash them, sprinkle with salt freely, then pour on boiling water sufficient to cover them, stir up to dissolve the salt, cover and let stand 24 hours, then put them in jars and pour boiling cider vinegar over them, into which you have put whole peppercorns and mustard before boiling.

PICKLED PEACHES—SWEET.

Peel the peaches and take seven pounds of them not stoned. White sugar, 3 pounds; good vinegar, 1 pint; cinnamon, cloves or alspice, to taste. Tie up the ground spices in a cloth, and put with the sugar and vinegar, and heat to a scalding heat, then pour over the peaches and let them stand 2 or 3 days, when it will be necessary to scald all together again to prevent any after working. This plan of not removing the stones gives the pickles a better flavor, and the use of only 1 pint of vinegar allows them to be dished up with some of the juice as sauce, while a larger amount would make it necessary to use them as other tart pickles.

PICKLED CRAB APPLES—SWEET.

To crab apples 1 quart, put sugar 1 pint, and just vinegar enough to just cover; a little whole spices, or, if ground, tie them up as for the peaches. Boil slowly until the apples are tender, but not to allow them to break to pieces. Scald them after 3 or 4 days, then put in jars.

PICKLED TOMATOES—SWEET.

Slice green tomatoes, 1 gallon; pour over this sufficient water to cover them; sprinkle salt over the top about ¼ inch thick; let them stand 24 hours; then drain from the brine. Put them into a large kettle; add a quart of sugar and vinegar enough to cover them, and a good handful of allspice and cloves unground. Let them boil up and take off and put into jars.

PICKLED CUCUMBERS WITHOUT VINEGAR.

Carefully wash the cucumbers so as not to bruise them, then place about a dozen large grape leaves upon the bottom of a 5-gallon keg or stone jar. Now pack a layer of cucumbers snugly on the leaves, and sprinkle over them a small handful of salt; then lay the grape leaves again, and then cucumbers and salt, and repeat the order until the vessel is nearly full; cover over with vine leaves, and put a round board on the leaves with a clean stone on the top; fill the vessel with water until the cucumbers are covered from the air. Taste

the liquid. It should be pleasantly salt. Add a little salt if it is too flat. Let the whole stand in a middling cool place for 3 weeks, when the cucumbers will be sour and ready to eat They will keep all the winter if kept in a cool place. No vinegar is necessary. The pickles will be of an olive color, and are more wholesome than are the poisonous, bright green, sulphuric acid pickles to be had in the market. This is the German method—a country where it is said that dentistry is not so perfect as it is in this country, hence they endeavor to make their pickles so as not to destroy the natural teeth; in this country, where so many have false teeth, it does not matter so much.

PIMPLES ON THE FACE.

For pimples on the face, dab the spots 3 or 4 times daily with strong spirits of camphor, and take a little sulphur and cream of tartar every second evening, for 2 or 3 weeks, which has been mixed up with a little honey or syrup—not over ½ teaspoonful at a time. This will also eradicate face-worms, if any exist.

TO PATCH RUBBER BOOTS.

Take a piece of a worn-out boot or shoe for the patch; then, to break up the gloss of the boot and the patch as far as the patch is to extend, rub it with sand paper; coat both with liquid rubber 4 or 5 times, letting each coat dry before putting on the next. Do the same again and apply the patch to the boot, putting on pressure while the last coat is

soft, and it is done. If liquid rubber is not kept by druggists, take pieces of clean rubber and dissolve it in turpentine, by means of heat, to the consistency of thin molasses.

POLISH FOR FURNITURE.

Alcohol, 1 quart; pale shellac, 1¼ pounds; gum **mastic,** light colored, 2 ounces. Dissolve without heat by shaking or stirring until dissolved. Apply with a sponge or a soft woolen rag, and rub down with a dry rag.

POLISHING FURNITURE.

It may be that some will be glad to know that a little sweet oil put over the furniture and then rubbed dry with a clean, soft rag, will leave a fine, glossy appearance.

TO DRY BEEF.

It is claimed that the dried beef as prepared in Scotland brings a better price in Europe than that from any other country, and that the American dried beef, especially, is not seasoned sufficiently high to meet with favor in the European markets. The Scotch prepare theirs as follows: Take salt, 1 pound; pepper, 1 ounce; cloves, ½ ounce, the latter articles being finely powdered, keeping these proportions for as much as is needed. The above amount is sufficient for 10 pounds. This mixture is to be rubbed daily into the meat for 5 or 6 days, which has been cut into suitable sizes for drying. There is no doubt but that a majority of Americans would like it thus seasoned, in place

of our custom of putting down in brine only, without pepper and cloves; and with this method of preparing it in sections where beef is plenty, it could be shipped to Europe with success.

CANNING CORN.

Make a salt brine, strong enough to bear up an egg, put it in a half barrel or large crock, then put in the whole ears of corn, without cooking, just as you husk them; when the vessel is full put a clean white cloth next to the corn, then a piece of board fitted to the vessel inside, with a stone on it for a weight, just as for pickles; when you wish to cook the corn you must freshen it some, as you do salted pickles, then either boil it on the cob or cut it off *a la* summer time.

GINGER POP.

"A" coffee sugar, 15 pounds; ginger root, finely bruised, 7 ounces; essence of lemon, ½ ounce; essence of cloves, ½ ounce; yeast, ¾ pint; water, 15 gallons. Put a few quarts of boiling water on the ginger, and steep for an hour, and strain into a tub, in which dissolve the sugar with 2 gallons more water, and add the yeast and essence and let stand 2 hours, then add balance of water and bottle for use.

TO SWEETEN RANCID BUTTER.

Work the butter thoroughly in sweet milk. If it is done as it should be, every particle of rancidity will be washed out.

TO CLEAN TIN WARE.

Whiting, 5 pounds; aniline, 1 dram vinegar, 2 ounces; alcohol, 1 ounce; water, ½ pint. Mix and roll up into balls the size of an egg.

GINGER BEER.

Loaf sugar, 12½ pounds; bruised ginger root, ½ pound; white of 6 eggs; yeast, 2 ounces; lemons, grated, 10; water, 10 gallons. Put the ginger into some of the water, to get the strength, then strain into the balance of the water in which the sugar has been dissolved; then add the eggs, lemon juice and yeast, and it is ready for use.

TO PREVENT JARS BREAKING.

When putting in the fruit, set the jar on a folded cloth wet with cold water, then fill with the boiling hot fruit. Jars will not break when thus treated.

WELSH RAREBIT.

We make a Welsh rarebit by melting good old cheese with a little vinegar, butter and milk and pouring it over bread, toasted or untoasted, as we happen to fancy.

TOILET DEPARTMENT.

TOOTH WASH.

Tincture of myrrh 1 ounce, tincture of cinnamon ¾ ounce, cinnamon water 1½ ounces. *Mix.* —Use a few drops on the brush daily.

TOOTH POWDER.

Prepared chalk 7 drams, powdered orris-root 1 dram. *Mix.*—Use every evening.

TOOTH POWDER.

Sugar of milk 2 ounces, tannic acid ¼ ounce, red lake ½ dram, oil of anise seed 5 drops. Mix carefully. Use every morning.

HAIR TONIC.

Whisky 2 ounces, glycerine 1 ounce, quinine 20 grains, water ½ pint. *Mix.*—Rub on the scalp every morning.

NO. 2.

Castor oil, alcohol of each 1 ounce, spirits of ammon. ½ ounce, rose water 1 pint. *Mix.*—Rub the head every morning and evening. This is a good one.

NO. 3.

Alcohol one-half pint, salt 8 ounces, glycerine 1 ounce, sulphur one-half ounce. *Mix.*—Rub well to the roots of the hair, morning and evening.

NO. 4.

Tincture cantharides 1 ounce, glycerineone-half ounce, oil bergamot 20 drops, water one-half pint. *Mix.*—Use as above.

TO DARKEN THE HAIR.

Blue vitriol 1 dram, alcohol 1 ounce, essence of rose one-half dram, soft water one-half pint. Mix, and when thoroughly dissolved apply once daily.

NO. 2.

Nitrate of silver 10 grains, glycerine 1 ounce, olive oil 2 ounces, alcohol 1 ounce. Mix and use once or twice a day.

HOUSEHOLD HINTS.

TO FASTEN COLORS.

Use sugar of lead, about 2 table-spoonfuls to a pail of water. To wash all kinds of goods, from cotton to silk, to *prevent* fading.

TO CLEAN PAINTED WALLS.

Mix common whiting with water until about as thick as paste. Apply with a flannel rag, and wash off with warm water and a cloth.

TO SWEEP CARPETS.

Wash, dry and chop potatoes, spread them on one side of the room, and sweep across the carpet.

TO REMOVE IRON RUST.

The juice of a lemon and salt placed on the spot, and the fabric placed in the sun, will remove rust. Shining through glass, its rays are stronger. You can hang it in a window.

TO REMOVE FRUIT STAINS.

Place your article over a tub, hold it firmly, and pour hot water through the spot stained and it will soon disappear. This must be done before putting the article in soap suds.

TO CLEAN ZINC.

Wet the zinc over with muriatic acid, sprinkle over it very fine sand or ashes. Then scour, wash and dry, or rub with kerosene.

TO POLISH FURNITURE.

Mix sufficient vinegar in linseed oil to cut it; with this saturate raw cotton, over which place soft muslin, rub lightly over the article.

TO POLISH METAL.

To polish copper-ware, tea-kettle, reservoirs, etc., use a tea-cup of vinegar and a table-spoon of salt. Heat it hot and apply with a cloth and rub till dry.

TO REMOVE MILDEW.

Wet in rain water, rub the spots with soap and chalk, lay in the sun and dew 2 or 3 days and nights. The spot should be thoroughly rubbed with the soap and chalk once or twice each day.

TO KILL MICE.

Spread gas-tar around the mice holes, and you will have no further use for cats or traps.

NO. 2.

Mix equal parts of fine corn meal and plaster of Paris, and set in dishes where they come and the mice will leave the premises at once.

TO REMOVE MARBLE STAINS.

Take 2 parts common soda, 1 part pumice stone and 1 of finely powdered chalk, sift through a fine seive and mix it with water to the consistency

of paste, then rub it well over the marble, and the stains will be removed. Wash the marble afterwards with soap.

SHELLS

can be thoroughly cleaned by boiling in milk.

TO DRIVE AWAY COCKROACHES.

Scatter pulverized borax in their runways, and they will vacate at once.

TO CLEAN SILVER.

In cleaning silver do not rub it away with scouring materials, but wash in hot water containing a good quantity of concentrated lye, or if very black, boil for a considerable time in water with washing soda added, then wash in good suds, rinse in clear water, and rub with a flannel cloth or what is better, chamois skin—and your silver will not often need cleaning, but will shine like new for a long time.

TO CLEAN GLOVES.

Buy 1 quart of gasoline at a lamp store for 5 cents—a druggist will charge 20 cents for the same amount. It will clean four pairs beautifully. Pour a small part, say ⅛, into a dry washbowl; put in one glove and wash immediately, just as though it were a soiled handkerchief, being careful to rub harder on the most soiled spots. Rinse in clean gasoline, squeeze out (not wring), and in 10 minut s they will be dry. To remove the offensive odor, hang them up to air.

TO CLEAN OIL CLOTHS.

Wash with warm water 150°—hot cracks the varnish. Soap is necessary in smoky districts, though it cannot be used without dulling the colors somewhat. If a sponge is used, examine thoroughly for shells—they scratch the varnish. The dirt thus removed, rewash the whole with sweet milk and water, then wipe dry. The milk makes the surface smooth, dirt does not catch so readily to it, and the oil in the milk tends to restore the colors. Gentle friction with an old silk handkerchief will give a polish.

RENOVATING FUR.

Take a large tin pan, put a pint of wheat flour into it, put the cloak into it, rub it thoroughly with the hands until the flour looks dark, then, if the fur is not white enough, rub it again with more clean flour, then rub it with pulverized chalk—5 cents worth is enough. This gives it a pearly-white look. It is also good to clean knit nubias and hoods.

TO REMOVE INK STAINS.

As soon as possible after the ink is spilled on the carpet, dip a clean sponge in milk and sponge the ink spot, cleaning the sponge in clean water before putting it again in the milk, so as to avoid smearing it. Continue the operation until all the ink is out, then, of course, the milk can be washed out afterward.

Perhaps every one does not know that the color

taken out of black goods can be restored by the application of liquid ammonia.

TO COLOR KID GLOVES.

Indian ink dissolved in water and applied evenly with a camels hair brush, will give a jet black color. A ¼ ounce of extract of logwood in 2 ounces of brandy, will give a lilac; increase the proportion of logwood and a darker color is produced, even nearly black. Strong tea gives a handsome brown.

NEW WASHING FLUID.

Unslacked lime, 1 pound; soda ash, 2 pounds; boil in 4 quarts of water, then settle and pour off the clear fluid; then 1 quart more water, and boil and settle, and again pour off with the first. Use 1 cupful for a washing. Soak the cloths over night. Have the suds boiling hot, and put in the cloths and boil 15 or 20 minutes. Rinse out. Only need to rub very slightly any stained or particularly soiled place, as shirt wristbands and neck bindings, etc.

SILVER WARE, JEWELRY, ETC., TO CLEAN.

Aqua ammonia 1 dram, soft water 4 ounces. Bottle and keep well corked. To clean silver ware, wet a piece of soft flannel, or cotton flannel, and carefully rub the ware with it and wipe dry with your chamois as usual. For cleaning jewlry, chains, etc., that are uneven in surface, put them in a tumbler of the liquid, and with a soft tooth

brush, go over them to remove the dirt, etc., carefully drying with the chamois and by heat, if needed.

TO RETAIN COLORS.

To keep the colors of muslins, calicoes and ginghams bright for a long time, dissolve a piece of alum, the size of a shellbark, for every pint of starch, and add to it.

CLEANING FLUID.

Used to wash alpaca, camels hair, and other woolen goods, and is invaluable for removing marks on furniture, carpets, rugs, etc. Four ounces ammonia, 4 ounces white castile soap, 2 ounces alcohol, 2 ounces glycerine, 2 ounces ether. Cut the soap fine, dissolve in 1 quart water over the fire, add 4 quarts water. When nearly cold add the other ingredients. This will make nearly 8 quarts, and will cost only 75 cents to make it. It must be put into a bottle and stopped tight. It will keep good any length of time. Take a pail of lukewarm water, and put in about a tea-cupful of the fluid, shake around well in this, and then rinse in plenty of clean water, and iron on wrong side, while damp.

For washing grease from coat collars, etc., take a little of the fluid in a cup of water. Apply with a clean rag, and wipe well with a second clean rag. It will make woolen look bright and fresh.

GLUE FOR MOUNTING FERNS, ETC.

Five parts gum arabic, 3 parts white sugar, 2

parts starch, add a very little water and boil, stirring until thick and white.

TO MAKE AN ÆOLIAN HARP.

Of very thin pine, make a box 5 inches deep and 7 inches wide, and a length just equal to the width of the window in which it is to be placed. Across the top, near each end, give a strip of wood ½ inch high and ¼ inch thick, for bridges. Into the ends of the box insert wooden pins to wind strings around, two or four pins in each end. Make a sounding hole in the middle of the top, and string the box with blue violin strings. The ends of the box should be increased in thickness where the pins are inserted by a piece of pine glued upon the inside. It is better to have 4 strings, but a single string produces a very sweet melody of notes.

TO WASH FLANNEL.

After preparing suds of hot water and soap, wash the garment thoroughly with the hands, (avoiding a wash board or washing machine of any kind). When this is done, rinse in warm water containing a small quantity of soap, slightly wring the article thus cleaned and hang it up. Take it down while yet a little damp and iron till perfectly soft and dry.

Caution.—Flannels or woolens of any description should never go into water too hot for the hands, or into cold water.

WASHING LINEN.

To wash fine linen so that it will retain its color, take as much hay as will color well the amount of water you wish to use. Boil and rinse the goods in it, using a little soap. Be sure and use this preparation for washing and rinsing.

TO CLEAN INFANTS' SOCKS, WORSTED GOODS, FURS, ETC.

Take a pan with a pint of white flour, rub the article in the flour well. Shake the flour off out of doors; if there are soiled places still, put it in the flour again. It takes a good deal of rubbing with the flour. This will clean almost any knitted worsted article in white goods, also white lace ties, and it will clean white furs until they look like new.

WASHING CLOTHS.

Red bordered napkins will bear boiling with other clothing, but scalding is all that is necessary, as, indeed, it is for all the washing. "For the last 12 years (says a good house wife) I have scalded my cloths instead of boiling them." Have the cloths washed as cleanly as possible, and no soap for the scald; that in the clothes from the suds is all that is necessary. In an ordinary sized wash boiler of water, add 1 table-spoonful of ammonia, and bluing as desired. Put the cloths in when cold and let them just come to a boil, and then remove. Rinse and dry. The blue, put in the

scald, gives a much clearer look than in the rinse, without looking blue.

TO IRON EASILY.

Put a teaspoonful of kerosene into your cold starch, say to a pint, and your iron will not stick. The smell will soon pass off. Rub your iron on soap or wax if it is rough.

TO CLEAN LACE CURTAINS.

To clean lace curtains without washing them, shake the lace gently to remove the loose dust, then spread a clean sheet on a table, and lay the curtains one above the other, with a plentiful sprinkling of unsifted corn meal or bran between them. Then roll them up snugly, and put away in a safe, dry place, for a week or 10 days; then shake the bran out, and, with a moderately hot iron, press out the wrinkles, and your curtains are as nice as new.

WASHING FLUID.

Take 2 pounds sal soda. Dissolve. Take 1 pound unslacked lime, boil it awhile, then set aside to settle. Drain off and add water to the amount of 2 gallons; add your sal soda; set aside for use. The night before wash-day put your cloths to soak in warm soap suds. In the morning put over your boiler, and to the boiler two-thirds full of water add 1 cup of fluid. Wring your cloths from the tub, boil 15 minutes, then rub through one suds and rinse. It blackens, but does not rot the cloths.

SOFT SOAP.

Try out 14 pounds of grease; to this add 10 pounds of potash dissolved in just boiling water enough to cover the lumps. In 2 or 3 days pour over the mixture several pailfuls of boiling water. Be careful to use *boiling water*, as that cooks it. Keep on adding the water as fast as the soap thickens, until your barrel is full of nice, sweet, clean soap. It must be stirred hard every time the water is put into the barrel, until it is entirely mixed.

HARD SOAP.

Take 1½ pounds clean, melted grease, and 1 gallon of lye strong enough to bear an egg. Mix them together in a barrel, and stir until a good soft soap is the result. Then take 6 quarts of this soft soap, 1 pint of salt, and ¼ pound of resin. Melt and scald the ingredients together, and put it aside to cool. When hard, cut it, throw away the ley that has settled to the bottom, and melt the soap again to refine it. Pour it into a small tub, and, when hard, cut into cakes.

TO KILL PLANT LICE.

Cigar ashes will kill lice on rose bushes without injuring the plants. It has been tried in many instances with great success.

EVERLASTING WHITEWASH.

Some years ago the following whitewash was used on the east end of the White House, and is

as good to-day as when first applied: Take ½ bushel of nice unslacked lime, slack it with water, cover it, during the process, to keep in the steam, strain the liquid through a fine sieve or strainer, and add to it a peck of salt, previously well dissolved in warm water, 3 pounds of ground rice boiled to a thin paste, ½ pound powdered Spanish whiting, and 1 pound clean glue, which has been previously dissolved by soaking well; and then hang it over a slow fire in a small kettle, within a large one filled with water. Add 5 gallons of hot water to the mixture, stir it well, and let it stand a few days covered from dust. *It should be put on hot*, and for this purpose it can be kept in a kettle on a portable furnace. It answers as well as oil paint for wood, brick or stone, and is cheaper. There is nothing that will compare with it of the kind, for inside or outside work. Coloring matter may be put in and made any shade desired except green. This must not be used, as it makes it scale off, and destroys the coloring qualities.

SCALES IN STEAM BOILERS, TO PREVENT AND TO REMOVE.

Water is rendered hard by the presence of earthy salts, such as carbonate of lime and magnesia, and these are kept in solution by the aid of the free carbonic acid gas which the water contains. By boiling the gas is expelled and the salts precipitated, when they appear as a crust on the

bottom and sides of the vessel, as may be seen in an old tea-kettle in which hard water has been boiled habitually.

Dr. J. G. Rogers, in an important paper read at the recent meeting of the American Association for the Advancement of Science, after enumerating the various substances which, in boiler waters, contribute to the formation of this crust or scale, gives us some valuable practical information concerning the effect of the crust upon the boilers, and how their formation may be prevented. Both dissolved and suspended matters are thrown down by boiling and evaporation, and slowly accumulate as a whitish porcelain-like layer, which may attain an unlimited thickness. The evil effects of this formation are due to the fact that it is a poor conductor of heat. Its conducting power, compared with that of iron, is as 1 to 37½. This known, it is readily appreciated that more fuel is required to heat water through scale and iron, than through iron alone.

It has been demonstrated that a scale 1-16 of an inch thick requires the extra expenditure of 15 per cent. more fuel. As scale thickens the ratio increases; thus, when it is ¼ of an inch thick 60 per cent. more fuel is required, at ½ an inch thick 150 per cent., and so on. To raise steam to a working pressure of 90 pounds, the water must be heated to 320° Fahrenheit. This may be done through a ¼ inch shell by heating the external surface to about 320° Fahrenheit. If a half-inch

scale intervenes, the boiler must be heated to 700° Fahrenheit, almost a low red heat. The higher the temperature at which the iron is kept, the more rapidly it oxidizes, and at any temperature above 600° it soon becomes granular and brittle from carbonization or conversion into the state of cast iron. Weakness of boiler thus produced predisposes to sudden explosions and makes expensive repairs necessary. To prevent the formation of scale, another recommends the use of *tannate of soda.* This is put into the boiler at regular intervals, in amounts proportioned to the hardness of the water. It quickly dissolves, and without foaming or injury to the boiler, effectively accomplishes the desired result. In the reaction which takes place, the tannic acid leaves the soda and combines with the lime of the carbonates to form tannate of lime. This is precipitated as a light flocculent amorphus substance (flaky mass, with no definite form), which does not subside, but eventually finds its way to the mud receiver in the comparatively still water, of which it is deposited as a mushy sediment that may be readily blown off as often as required. The sulphate of lime is decomposed by the carbonate of soda of the first reaction, soluble sulphate of soda and carbonate of lime being formed. The latter is converted into tannate of lime by fresh portions of tannate of soda. The presence of the alkali prevents all action of the acid on the iron. Extensive trials of this method have demonstrated its

utility in all kinds of boilers, and its efficacy, safety, economy, ease of application and adaptability will commend it for general use.

TANNING SKINS WITH THE HAIR OR FUR ON.

First thoroughly soak the skins in soft water, and, with an old knife or sword-shaped stick, or a piece of an old scythe about 2 feet long, with a handle of wood at each end, remove all the flesh and fat, and trim off skirts or rough edges. Then make a mixture of pulverized alum 1 pound, with salt ½ pound, and wheat bran 2 handfuls, formed into a paste with a little water, and spread over each skin (this makes enough for one skin only); then roll it up and let it lie in the shade 3 or 4 days; then shake off, and rub, and pull the skin as it begins to get a little dry, until it is soft and pliable, and the great job of tanning a sheep skin or deer skin, as the case may be, is done.

NO. 2.

Nail the fresh skin tightly to a board, the flesh side out; then, with a blunt knife, remove all the fat and flesh, and in fine chalk until the chalk begins to powder and fall off; then loosen the skin and coat it well with finely powdered alum, and roll it up and let it lay 3 or 4 days in a dry place, after which shake out the alum, and then rub and pull as above until it gets pliable, and the work is complete

MAXIMS WORTH LEARNING.

Attend carefully to details of your business!
Be prompt in all things!
Consider well, then decide positively!
Dare to do right! Fear to do wrong!
Endure trials patiently!
Fight life's battle bravely, manfully!
Go not in the society of the vicious!
Hold integrity sacred!
Injure not another's reputation or business!
Join hands only with the virtuous!
Keep your mind from evil thoughts!
Lie not for any consideration!
Make few acquaintances!
Never try to appear what you are not!
Observe good manners!
Pay your debts promptly!
Question not the veracity of a friend!
Respect the counsel of your parents!
Sacrifice money rather than principle!
Touch not, taste not, handle not, intoxicating drinks!
Use your leisure time for improvement!
Venture not upon the threshold of wrong!
Watch carefully over your passions!
'Xtend to every one a kindly salutation!
Yield not to discouragements!
Zealously labor for the right!
& success is certain!

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